

Be Fertile With Your Infertility



Creative ways to acknowledge the infertility journey using ceremony and ritual

Christine Bannan and Winnie Duggan

A resource for those walking the infertility journey, for their family and friends, for counsellors, celebrants, spiritual companions, clergy and health professionals working in the field of fertility. This book aims to help anyone facing infertility, in all its stages and forms, to access options for ceremony and ritual and hence to find their own creative way to a peaceful, accepting place for themselves. Included are personal stories and examples of ceremony because they are not easily accessible in our current society.

The authors' desire is also to offer a resource for people to create their own ceremony and ritual around their infertility, where they can heal some of the hurt and sadness brought about by this dilemma.

This book provides possibilities and pathways to enable this to happen. It is hoped this process will be a creative and effective way to move towards a new freedom in living with infertility.

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Christine Bannan
35 Grange Rd
Hahei, RD1,
Whitianga 3591
New Zealand

Or Winnie Duggan
29 Trelissick Cres
Ngaio
Wellington 6035
New Zealand

Email: Winnie.john@paradise.net.nz