



EP 007: The Injustice of Infertility with Jennifer Robertson

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Sarah: Hello, and welcome to another episode of the Fertile Mindset Podcast, where I invited a very special guest to join us. For episode number 7 I asked Jennifer Robertson, who is a fertility coach and author based in Brisbane, Australia, to come to talk to us about her unique fertility journey and also her new book, 'The Injustice of Infertility'.

This book is honestly amazing, and I was up reading it until the early hours of the morning of our interview. I just couldn't put it down and I took so many screenshots of the pages that I wanted to ask Jen about during this interview. I think I managed to cover most of them, so enjoy listening to our conversation now with the inspiring Jennifer Robertson and check out the links to connect with Jennifer and get a free chapter of her book at www.fertilemindset.com/episode-007.

Welcome Jen. Thank you so much for joining me on the Fertile Mindset Podcast. I'm really, really excited to talk to you today, and I know we're talking about your exciting new book as well. So welcome.

Jennifer: Thank you so much for having me. It's a pleasure.

Sarah: You're very welcome. I mean, we've spoken before haven't we. A couple of times now. And I do know a little bit about your story already, and I knew that surrogacy featured in your story. But reading your book, which I literally just finished a few hours ago. I was up till 1:00 AM reading it last night, just knowing that I had to read every single page before I spoke to you because I was completely absorbed into it. But it gave me such a different view on your story. A really in-depth view on your life as well, the life surrounding and before your fertility journey, but then the importance of every step that you went through. It was really awe inspiring actually, not only what you went through, but how you processed it during and afterwards. And so, we're going to dig into all of it.

There's so much to talk about, that I want to get straight into it with you.

Jennifer: Absolutely. Thank you so much for reading it, you know. And it's bizarre my husband said to me the other day, "I just, I forgot how big and how massive it was. All of the

things that we went through” and it’s not until you start writing it down, that you realise, ‘wow, this, this really is what we all go through on this fertility journey’ it’s really big.

Sarah: I must admit, as I was reading it, I was revisiting my very different fertility journey and route to parenthood. But there were things in your books that triggered that in me. It was like, oh gosh, this has given me space to reflect now, and remember when I hadn’t really, I had given myself some space to do that, of course, but not in every detail. So, it was a really useful read for me as well from that side of it. So, thank you. Thank you for writing it. That’s what I wanted to say, first of all. Just thank you for writing it. And of course, it’s the title of this podcast, *The Injustice of Infertility*, but that is the book.

I know it’s available everywhere that people can buy books, and we’re going to talk shortly towards the end about how they can get a free excerpt as well, which I think is wonderful, to be able to get a taster of your writing, which is gorgeous. So, thank you for that.

But, before we dive in, because there’s lots of parts of your book that I want to talk about, and obviously parts of your journey that relate to that. I was intrigued. Like what brought you to actually write this book? What made you think, a book is what I need to do now? Where did that come from?

Jennifer: First of all, I guess it was when I started talking to other people who had struggled with fertility as well. And every time that I told my story, there was this relief. I saw, you know, physical relief. I heard ‘me too’, like it was just this pressure that was released off them. And I thought if that’s what happens to them, imagine if I could keep on telling it. So, I guess the main reason was for me telling my story, was so that I could connect with other women, so that they could hear my truth, and in the same tone be able to release their own and feel like, ‘wow, It’s not just me’.

I also wrote it for me because, I’ll be honest with you, on my whole journey I never sat down and reflected. I never grieved. I never did anything to process it, or to heal. And when I did start becoming a fertility coach, these things were coming up for me and I realised that I hadn’t really healed myself. So, the second part of it was I wanted to write my story out, in order to, not just reflect on it, but also to heal myself.

And thirdly, I wanted something to give my kids. I wanted to, I’ve got Luca and Sophie now, and you’ve read the story. They did not come easy. I wanted them to know their story as well, because it wasn’t conventional, and I wanted them to know that they had been loved and fought for every single step of the way. So, it’s for women out there who are going through the same thing, so that they connect, that they don’t feel so alone, for me to be able to heal, and for my kids as well.

Sarah: Gosh, three really good reasons to have really, and I can understand from my children’s perspective as well about wanting to have that story for them and that understanding about not only how much time and effort went into create them, but also the love that was always there from the moment that you thought about them coming into your lives. Before you even met them. So, I think that is really powerful.

I know my two boys, who came to us in very different ways, one through birth, one through adoption, they love to listen to their stories. They love to hear about it and reflect on it with me. So that alone is an amazing reason.

I want to go back to what you said though, about as well, sharing it with other people and noticing that reaction in them. And it’s that storytelling, isn’t it? That sharing of our own stories that can create connection, in such a way that, just simply, you know. A lot of how we talk to people is quite superficial, isn’t it? On the surface, you know, ‘How are you doing today?’, ‘How are things?’ And we don’t really get to the depth. So, I can imagine, and you talk about it in the book as well. And that’s some bits I want to reflect on with you. But when

you had to share it and noticing different reactions in people. Some feeling awkward, some feeling like they just didn't understand, but those who are on a similar journey or can relate to you in any way, how it just would create that heart connection, and they would feel that they're not alone and it would create a bond as well. So, I can understand why that was a powerful driver for you.

Jennifer: Yeah, and I think the big priority for me as well was just telling my truth, and not just that this happened, and then that happened, and then I was a little bit sad. But really the deep dark secrets that go on inside of our head that we don't tell anyone else. And what happens is because we don't tell anyone else about them, we feel like we're going crazy, or that we're bad people or, you know, that we're just failing at infertility. We feel like we're a big failure because we think that it's just us. And so, I wanted to dive into the deep, dark secrets, the not so nice thoughts, and put them out there so that other women can go 'wow, it's not just me' and 'it doesn't mean that I'm a bad person'. 'This is normal when you go on this process'. So, that was a big factor.

I just wanted to put it out there, and I knew that I may get some flack, I knew that me putting those thoughts out there for people who aren't on the journey, they may read it and go, 'wow, well, you're a little bit ungrateful' or, 'how dare you', or 'your crazy'. But I just wanted to put it out there because I think that's the most important thing is just being able to speak out traits so that people who are on the journey know that it's not just them.

Sarah: Absolutely. Thank you so much for doing that. I did feel it was like a great honour to be reading your story, actually, every step of the way. And when that true raw honesty came through about your feelings and your fears, and the things that you hadn't voiced at the time, but you were sharing now in the book. I just couldn't believe that I was allowed in, it was like 'this is amazing', that I feel privileged to hear your story.

So, there's a part that you wrote at the start, towards the start of the book here, that I just want to read out because I think this highlights beautifully why you wrote this book and why it's an important read as well for people on a fertility journey. So, I'll just read out this little paragraph here.

You said "I couldn't see the rollercoaster in front of me and how could I, I wasn't prioritising my mental health or my physical health because I thought this would all be over soon enough. I figured I could deal with it later. Little did I know the emotional scars would accumulate over time and that they would be so deep and so lasting. If I had known that I would've done things a little differently. I wouldn't have glossed over them because the habits I formed over the next seven years; I'm only just breaking down now."

What an encouraging introduction really that this work is, it's never too early to start this work and it's also never too late. You know, you may have done a lot of that healing *after* the journey. I'm guessing a lot of people listening now will still be in the depths of it, maybe near the start of it as well and it's never the wrong time is it? It's always a good time to acknowledge what we're going through emotionally.

Jennifer: And I think that that's something that we all think at the very beginning is, we're not going to be on this journey for that long. And so, we just think I'll deal with it later. And I don't think I've ever heard anyone say, 'well, that didn't take as long as I think, thought that it would' I've never heard anyone say that we will always be on this journey for longer than we want, or longer than we think. And it is something that it just doesn't go away. So, this book is not a how to, this book is a, 'these are the kinds of like the lessons that I learned along the way' in order to help other women and if I could do it all over again, I would absolutely make changes. And that's what, I guess that's what you and I are here to do as fertility coaches, is to go, 'okay, well, this is, this is what I would have done differently. And now I can develop programs that help other people, knowing what I know now', because when you are on this journey, you don't know it, like, you just don't know what you, you're heading into.

Sarah: Exactly. You only know it with experience of living through it and now if people can connect with others, whether that's with friends telling their stories, with professionals like us offering support, podcasts like this. It gives you that chance, that opportunity to understand, before you live it yourself as well, or while you're in the middle of it. So, thank you.

Before we dive into some aspects in the book, that I want to go through, that are about your story. I wonder if you could just give us like, and this is going to be an impossible task, I know, but just in a nutshell, what your fertility story was? The treatment, the options and where you ended up, like what was your kind of fertility outcome? What happened for you?

Jennifer: Sure, do you want me to tell from the beginning to end?

Sarah: I know I'm asking you to kind of give a big story in a short sentence but we're going to dive into it more. I kind of hinted already that surrogacy features, but you know, what were the kind of elements that you went through to get to your babies?

Jennifer: For sure. So, the highlights were that my husband. Well, I was 33 when my husband and I got married and we decided to start having babies on our honeymoon. We thought that it would be all smooth sailing, but of course, not to be. And we tried for about six months with no luck. We went to a fertility specialist and my husband had, sub level par, Oh, sorry. His sperm wasn't great quality. It was still there, but it wasn't great quality. So, they suggested straight away that we go down the path of IVF, which in hindsight I'm a little bit annoyed at that they just went straight to that, but you don't know any better. So, we went down that path. We started with our first cycle and then they realised that I wasn't getting a lining on my uterus. So, there was no way that they'd be able to transfer an embryo anyway.

After that we floated for about a year, we tried every single natural remedy we could think of, to try to thicken my lining. We went back to fertility specialists, they tried exploratory surgeries, but we just couldn't work out what was wrong with the lining of my uterus. Why it wasn't thickening, or anything like that. Because without that, then there's no way that they could transfer an embryo. So, eventually after we'd been trying to conceive for about two years our fertility specialist at the time said to us, 'look, there's no other option for you to have a baby of your own, but to use a surrogate.' And at the time we had about five frozen embryos so, we thought, okay, that's not how we'd pictured it. And luckily enough, my sister-in-law, my husband's sister put her hand up. She'd had two boys of her own and she loved being pregnant, so she volunteered to have a baby for us. And we thought that it would be smooth sailing after that as you do.

But for the next two years we dragged her along our fertility journey with us, through failed cycles, she had a miscarriage, and then eventually, two years it took us, we eventually had Luca.

So, Luca is now six years old, and two weeks after Luca was placed in my arms, I fell pregnant naturally. Which was quite a big surprise, considering a board of specialists, and specialist fertility doctors had declared that, you know, there was pretty much no possibility of me ever having a baby naturally myself. Which was, I mean, it was fantastic, but 9 weeks later I suffered a miscarriage, which was probably one of the lowest points of my life, you know.

We'd had this beautiful baby boy that we'd worked five years for, placed in my arms and we thought that we were off our fertility rollercoaster for good only to be put back on it, given that little taste of hope and then thrown back off it again.

But we picked ourselves back up and I had in the back of my mind that I could actually fall pregnant now. So, six months later I fell pregnant naturally again, and now we have Sophie who is four years old. So, that's it in a nutshell. But lots of twists and turns and yes, it's happening, no its not, ups and downs. And as my husband said to me the other day, "it really

was a roller coaster". And that's why we referred to it as a roller coaster. It's the ups and downs of yes, it's going to happen, No it's not. There's hope. No, there's not. And you just keep on pushing ahead.

Sarah: That's why I was gripped, you know, just hearing that story in a nutshell, you can imagine reading it in a full-length book, and with the emotions, with the experience, it was amazing. And I just wanted to get to the end point and see what happened for you, even though I knew I had a hint, because I was pretty sure I knew you had two children, but I couldn't remember whether there was another after Luca. So, it was wonderful to read it.

Something that really shone through as well was your determination and I think you recognise that yourself in the way that you speak about yourself through the book, there was just a little paragraph I want to share here because I think that not only did you recognise this in yourself, but I think both of us actually recognise it in a lot of the women that come to us. I titled it, because I've got all these little screenshots and I titled this one as the '*need to succeed*'.

This is what you wrote in the book. You said "Something I've come to learn about myself throughout this journey is that I'm driven by the need to succeed. I was hell bent on proving that the last 12 months of struggles, surgeries, tears, and money were not wasted. I was terrified of failing at that stage, failure, like setting our white picket family house and saying goodbye to our happily ever after. It was never becoming a mother, never experiencing what it was like to hold a baby of my very own in my arms." and you continued there as well. But you talk about your life before you decided that you wanted a baby before you met the one as well and settled down and had a baby. And you obviously have great determination in your life, with your career and with the success you've achieved, but it's very different, isn't it? On a fertility journey.

So, you had that drive, but how did that play out when you were trying to apply that drive to your fertility?

Jennifer: Oh, well, it doesn't work does it? It doesn't work.

And I am such an overachiever, and I was raised to believe that if you just work harder, you can get whatever you want. And up until that point, it had worked.

I had studied hard and got good grades, and then I'd gone to university, and then studied really hard, and then got a good job and I'd worked my way up the corporate ladder. I was quite successful in my career and I just figured that if we wanted to have a baby, we would just apply the same principles. And that's all I knew. You just work hard to get what you want.

I was raised by a single mum and I'd seen her determination and that's what drove me. And I approached my fertility journey with exactly the same drive and determination. I'm also your typical type A personality I like to schedule in things, I am very organised. It was just. Looking back, of course, it wasn't going to work like that, you know, for some people it might, but I was just so regimented with that picture that I had in my head, this is going to work out and then, and then it didn't. But that's the learning is that we can't just push them. That's one of the big realisations that I had on this journey and this is how I coach now as well.

We do not produce a baby. And it's not like going for a job interview. It's not like getting a promotion at work, but because we're so far in that masculine energy that that's all we know, whereas to create a baby, and I say *create*, we're not producing. We're creating a baby here. We need to be in that feminine energy, which for someone like me, who is so driven. It's really hard to get back into that, that flowing and relaxation and just not being productive 24/7. So, it was a real struggle for me. To get into that other side. And, I get a lot of people asking me, what did you do? What do you do after five years of not being able to have a

baby, to all of a sudden being able to have a baby? And I look back and the things that changed were. I was in my feminine energy, I was on maternity leave, I was not driven by goals, or key performance indicators or striving, or anything like that. I was just in pure, taking a load off. I was just purely in that flow mode, which it's really hard to get into.

The techniques that I teach, the people, that I encourage is to try to switch, you know, I'm not saying that we don't have to be driven or anything like that, because if I wasn't driven, I wouldn't have gotten my two children in the end and I'm very proud of that. But I think that there's also things that we can do to switch it over as well and try to, we can be both. And that's what I've learned. We can be both; we can be grateful and want more, we can grieve and still be happy, we can be so many things all at once. But I think that when we try to sit squarely in that masculine, or I'm just going to get this done. Then that's when it really, really is hard.

Sarah: It's interesting that you see there that yes, your determination and this focus did actually get you there in a way. It got you down a particular route, especially through the surrogacy route and something that many other people may not even consider, or have the determination to do it in such a way. But your drive got you down that particular route to parenthood, and the next time you had a completely different energy that got you to parenthood with your daughter. So, it's interesting to see there are different ways to get to the same end point of having a family. But like you say, is it worse that, the toll that it takes on your emotional, your mental, your physical wellbeing as well. So, it's bringing that balance then isn't it to see if you can conceive. We could say in the healthiest, shortest route possible, whatever that might be for each individual.

I really loved when I got to the end of the book, and I knew how many pages were in the book. And, you know it was saying there was still like 10 pages left or something and the book was wrapping up. I was like, "what's going to happen next?" And then you had this amazing appendix at the end, which really brought together all your learnings and each paragraph was like a new gem, a new learning and something that is so valuable to people on a fertility journey. And I can hear some of them in what you were just saying there. That, bringing in those different energies and finding that balance, you know. And it is hard when you're career driven or your results driven and that's been the pattern in your life so far is, you're going to apply it in the same way to this next goal. This next, you know, thing that you want to achieve. But it's so different because we're working with the subtle energies of our body, aren't we? And the mystery of that, that we don't really know how that works. And just applying all that kind of goal focused energy, it can push it away maybe without us even realising.

Something else that you talked about in the book, which was interesting. This jumps out at me because we're very early on in the podcast here. We're only on episode seven now, but the very first episode of the podcast, I titled Eat, Breathe, Sleep fertility, all about how it can take over your life and you had this page. Well, it's probably almost a whole page. I'm not going to read all of it, but you coined it The fertility consumption life cycle, where we go through this series of stages, of it taking over our lives and there was a little bit here that I wanted to just talk about. When you talk about how it affected your work and other things.

So, this is what you said, you said "Instead of your job becoming a method of earning income. It becomes an escape from the constant thoughts in a way to afford your next fertility treatment. You throw yourself into work. Your hobbies are replaced by researching the magic cure for infertility. Your time with friends is spent talking about where you're at with baby-making and your friends circle splits between those who do have children and those who don't. You gravitate towards those who don't have children, because you don't want the constant reminder of what you don't have. It's too painful. And before you know it, it's consumed everything. Your fertility journey and struggles have become your life and you're sitting to the side wondering why you have this constant, deep feeling of sadness, frustration, and hopelessness. You don't recognise the person you've become and you're so

used to putting on a front and pushing those feelings deep down inside that it becomes a habit. Your fertility journey officially consumes you. There is no you. You have become the process”

And even, I'm years since my fertility journey now, I'm like, yeah 8 - 9 years ago since I was last trying to conceive. A very long time ago, but still, gosh, that really gets me in my heart. I can feel it right now, that recognition of how it takes over every area of your life. And of course, that's understandable, isn't it? And it's needed to a point, because we do need to research and we do need to be aware of our cycles and plan out treatment and things, you know. There's a certain amount of focus that's needed. But that last line where there's no, *you* left. You've just become a part of this process and you don't recognise yourself. I think that's the kind of wakeup call isn't it? That there's time to, it's time to do something different, it's time to put yourself first and at the centre of this journey.

Jennifer: Absolutely. But unfortunately, by that stage, you're just so tired and overwhelmed that it really is hard to lift yourself back up, which is why it's so important. And I know that now. Why it's so important to just prioritise your mental wellbeing above everything else. Mental and physical as well, rather than it just being about the treatment and the cure and all of that. It really is so important to just stay, with the lack of a better word, connected to the outside world as well.

Sarah: And this is a topic we could just spend another half hour talking about, but you talk about it in your book and I think it's a simple way, to bring ourselves back, and take care of our emotional and mental wellbeing, is to notice if we're living in the past, the future or the present. And you talk about how, you said you spent seven years floating from the past to the future and that led to seven years of depression and anxiety. It didn't feel like a healthy place to be. But if we can stay in the present moment, then we feel stronger, we feel more connected, more aware of what we need.

I think if there's one learning, just from this short time that we're speaking together, there's lots more learnings in the book, but I think that is a powerful word and maybe a relatively simple one to bring into our lives. Just to remind ourselves to be more present, to focus on the now, even as simple as, you know, breathing exercises and meditation, that's all designed to bring us back into our body and in this present moment.

Jennifer: Absolutely. I mean, it's such a hard thing to do as well because who wants to be living in the now, when you're living inside your fertility journey. You want to do anything that you can to escape it because you actually don't want to be living into the present moment. So, I completely understand, it's so hard. You're just living for the next cycle, you're living for when you can fall pregnant and get your baby, and all of those different things. So, it's really hard to, a lot of us don't want to be in the present environment, but it's about creating a present moment that doesn't have absolutely everything to do with fertility as well.

Sarah: Which is a struggle when that's all you can see. So yeah, having the support of friends, coaches or whoever it may be to help bring that out of you can be so useful.

Now your story Jen is obviously unique, and a lot of people may not have considered this as a path to parenthood or maybe they're not really sure what it would involve, and that is the surrogacy element of your story. So, I didn't want to brush past that. I want to just spend a little bit of time on that as well, because that must've been the most amazing gift to be given, but also like, how do you get your head around that? That someone else is carrying your baby, because your baby is genetically yours, it was your eggs, your husband's sperm, but someone else, someone close to you, your sister-in-law, was carrying that baby and growing and nurturing that baby for you for the first 9 months.

I want to just read something out from the book of short paragraph that really kind of highlighted one of the struggles. Cause I know there were several struggles, but one of them

that you talked about, so you said. "As our journey progressed, I struggled with a lack of control. I already felt like an outsider and on more than one occasion test results were provided to Renée." Who's your sister-in-law. "Instead of me, she would receive the phone call, and I would find out second-hand. I would be waiting on the phone call, trying my best to be patient only to find out that the receptionist had provided the results to Renée and not me. When I rang up to make specialist appointments, they wouldn't be able to find my file because it was under Renée's name. It hurt so much that they didn't even know who I was. It felt like I was being squeezed out" and I could feel it in your story, that there were these moments there that really highlighted that to you. That highlighted the fact that you're not carrying this baby, even to the point towards the end, you talk about telling your neighbours, and about the awkwardness of saying there's going to be a baby arriving - you'll hear babies, you'll see me with a baby, it is my baby. I haven't stolen the baby. You had to explain, you know, surrogacy to people that you probably didn't even usually speak to very much so it's, it's a whole different area to try and navigate, isn't it? And I'm, I don't know. Did you have any role models beforehand? Had you had any experience of surrogacy or knowledge about it or was this all brand new to you?

Jennifer: No, it was all brand new. And here in Australia, commercial surrogacy is not legal, so you can't do it. It's not paid at all. And when we were first going through it in our state, the legislation that was released was all very new.

Our fertility specialists - we were the first patients that he was treating under a surrogacy arrangement. So, we didn't know anything about that. And I struggled. And when you read that, I feel it, I still feel it. I still feel the tears coming up when you read that out, because I struggled with it on one hand because I am a control freak, and because I pictured me being pregnant. And so I crave that, but on the other hand, I had this voice inside of me saying 'Shut up Jen, just be grateful. People would kill to be in your position' but it still wasn't how I'd planned.

So, there were, yes you're right there was so many logistic things that you just don't think about in terms of how we were to be treated by our alpha specialists in terms of the delivery as well. I mean, obviously this is pre-covid, so we had to fight for both my husband and I to be in the delivery room with Renée, because it just wasn't conventional.

And then once Luca was born we actually had to adopt him. So, he wasn't my son for the first or by legal arrangement. He wasn't, like our names weren't on his birth certificate so, we had to go to court and go through a whole process and legally adopt him, which I just, you know. It was just one more person saying you're not entitled to be a mum, or you know, it was just one thing after another, that just kept on saying 'you just have to work a little bit harder.' And so, we were exhausted by the end of it because there were so many loopholes that we had to go through. So many things that we had to consider. But at the end of the day, you get to the end of the story and you look back and go, well, It doesn't really matter in the end. In Luca and Sophie's eyes It doesn't matter. They don't care about how they were conceived or anything like that. But for me, I still feel like I grieve the fact that I wasn't able to carry Luca. So, it's something that is very real, and I think that it is something that still needs to be considered by people who are going down that path.

Sarah: That wound will be there. There was a chapter in the book where you did talk about that kind of comparison, and trying to kind of look at the similarities and the differences between the two babies that came to you and I could really relate to that in myself, having had one through birth and one through adoption. And there is no comparison in a way because it's so very different, isn't it? They're both your children. They both come to you. You love them exactly the same, but there's that difference, that kind of disconnect between the two different ways that you actually became a parent those times. I know there are two stunningly beautiful parts of the book. I'm not going to give away all the amazingness right now, but I'm just going to say that Renée's journal and also, when you told Luca. They were two parts, they would just, Oh, the sigh of relief and connection that I felt, then for your whole

family. It was just was beautiful. And I'm so pleased that you, you know, you include the hard times, the struggle, the truth, the rawness of it all. But you've shared with us, those beautiful, kind of, really private moments as well in your family, really personal moments, showing the kind of full circle of this and how. You know, what it really is all for and what it all really means and it's that struggle that you've been through. So, thank you so much for, for bringing us the full story. It was so appreciated.

Jennifer: Oh, you're welcome. And I think that's what's really important as well is not just to share the struggles, but also to show that, you know, women who are on the fertility journey for three, five, seven years, like you can, you can get there, you can get to that point. It is possible that you can go through all of this and come out the other end. And I wanted to show you that. That there is hope because that's something that we struggle with on this journey and we often just hear about the struggles, but this is like the happy ending. This is the bad, the ugly, but the beauty as well and we can all look back on those moments and see the beautiful parts of it as well. Like the vulnerable parts, the parts that weren't ideal, but you can see, you know, those glimmers of hope peppered throughout it.

Sarah: Absolutely. And there was something that you said about hope towards the end. And I just scribbled this down at 1:00 AM because I wasn't taking any more screenshots at that stage, but I wrote down because you talked about hope and how hope is often seen as a bad thing, because it kind of sets us up for failure and upset, but that we need hope and you said that hope is not the enemy. It's what gets you through, which I think is a wonderful thing to remember. We shouldn't be afraid to hope and to connect with hope it's natural. It's understandable. And it's, it is our support through this journey. So, thank you for highlighting that at the end.

Jennifer: No, no worries at all. And I think that's, that's really important. The hope sometimes is what gets you out of bed in the morning.

Sarah: So true. Thank you for this conversation. I know we could carry on talking for several more hours. There's so much in the book, so I would encourage our listeners to go and take a look. I know that you have a free chapter available of the book, so I'm going to be putting the link to that. I think it can be found on your website at www.jenniferrobertson.co which we're going to put the link of your websites, your Instagram, and also direct link to get that free chapter of your book will be on the podcast page at www.fertilemindset.com/podcast and if you go to episode 7, you'll be able to find the transcript of this conversation. You'll be able to find all the key points that we talked about. Listen to it again if you wish to, and also, importantly, all those links to stay in touch with Jennifer and to read the chapter of her book, because I just know that you're going to fall in love with it. Like I did as well.

So, thank you so much, Jennifer, for joining us today, it's been such a pleasure. I knew when I began this podcast that you were one of the first people I wanted to have on, because we'd had those couple of conversations before and I'd had an insight, not only into the amazing support that you offer your clients and your community, but also your own story and once your book was released, I just couldn't resist having a full conversation about this because it's amazing. Thank you so much.

Jennifer: Thank you so much for having me, Sarah. I really appreciate you so much and I love talking about this stuff and just helping women on their fertility journey as well. So, thank you.

Sarah: Before I sign off for this episode, I have something very special to share with you. After our conversation, I asked Jennifer if she would like to come into the Fertile Mindset Sanctuary for a live expert chat and Q+A session. She jumped at the chance and she's going to be joining us on Thursday, the 4th of February at 9:00 PM, UK time. Now that's 1:00 PM Pacific and 4:00 PM Eastern and in Brisbane, Australia, which is where Jennifer is, it's 7:00 AM on Friday, the 5th of February.

If you're a member of the Fertile Mindset Sanctuary on the paid levels of BLOSSOM or BLOOM, then you'll be able to join our chat in the private Facebook group. If you're thinking of joining or upgrading your free BUD membership, then this is a great reason to do so and you'll be able to join us at the chat.

Jennifer will be sharing her mindset tips for fertility support and answering all of your questions too. So, go to www.fertilemindset.com/sanctuary to join the free level and then upgrade to BLOSSOM or BLOOM to join us for this exclusive live expert chat and Q+A just for Sanctuary members. And of course, if you're already a free member, then just login at <https://membership.fertilemindset.com/> and then go to your accounts to upgrade.

I hope to see you there and also, at the next episode of the Fertile Mindset Podcast.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast