

YOUR FUTURE FAMILY

The Essential Guide to Assisted Reproduction

Kim Bergman, PhD

Foreword by Mark Leondires, MD

WHAT PEOPLE ARE SAYING

“Kim Bergman has been a pioneer in helping people form their families. She brings cutting edge expertise to the table with warmth, compassion, and understanding—a rare and much needed combination.” —**Reverend Stan J Sloan**, CEO, Family Equality Council

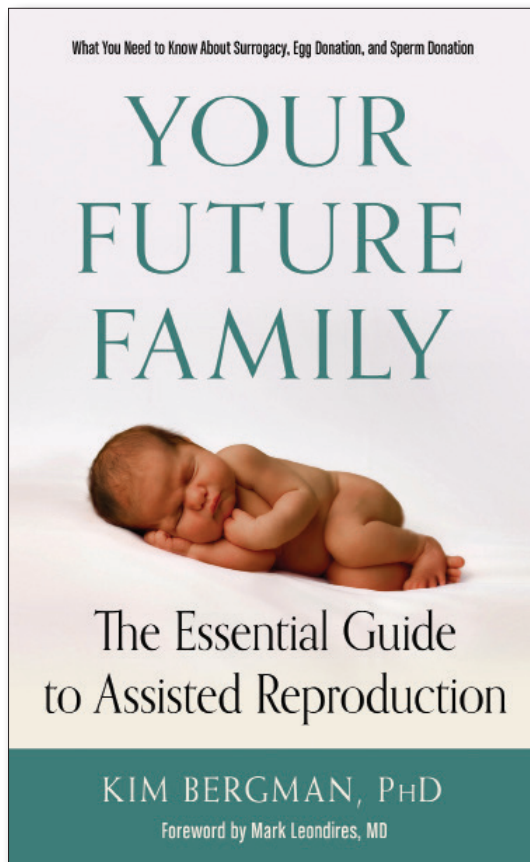
“*Your Future Family* addresses the important, universal issues that people face when they choose to create a family with the help of others. Kim Bergman is a worldwide expert in the field of assisted reproduction, a passionate advocate for families of all kinds, known for her honesty and integrity which shines through in these pages.” —**Wendie Wilson-Miller**, coauthor of *The Insider’s Guide to Egg Donation: A Compassionate and Comprehensive Guide for all Parents-to-Be*

BOOK SYNOPSIS

Third-party reproduction is now easier, more accessible, and more successful than ever before, yet it is still a complex process. Before you start down this path to parenthood, there are important questions to consider such as, “How are sperm, eggs, and embryos screened?”, “How do I find a donor?”, or “What are the legal issues surrounding surrogacy?” Here, psychologist Kim Bergman—an expert in the field and a mother herself through assisted reproduction—provides the answers you need and more.

Your Future Family provides a roadmap for navigating the journey of building a family through assisted reproduction. It outlines the very first steps you should take, the options available to you at each turn, and includes essential advice and tips to help set you up for success. Filled with personal anecdotes from Bergman’s own life, as well as the lives of her clients, this book brings the human element of creating a family this way to life.

The definitive primer on assistant reproduction, *Your Future Family* provides a foundational knowledge of the entire process, includes essential facts, as well as a list of resources to help you along the way. Kim Bergman’s expertise, and her open, honest approach will inspire confidence to fulfill your dreams of creating a family.



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AUTHOR BIOGRAPHY

Kim Bergman, PhD is a licensed psychologist and co-owner and senior partner of Growing Generations, one of the oldest and largest surrogacy and egg donor agencies in the world. She serves on the corporate board of the American Society for Reproductive Medicine and is an emeritus board member for the Family Equality Council. Photo credit: Melissa Kolaks Broadus



WEBSITE & SOCIAL MEDIA

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www.youtube.com/user/GrowGen

A Conversation with Kim Bergman, PhD

Why are you qualified to talk about this topic?

I'm a licensed psychologist with over 30 years' experience in the field of parenting; over 20 years' experience specifically helping people have babies through assisted reproduction. I am a senior partner and owner of one of the largest companies in the world dedicated to third-party assisted reproduction, and we have helped thousands of people become parents all over the world, with all different family types. I have a wealth of knowledge about every aspect of this process.

What is third party assisted reproduction?

Third party assisted reproduction is a collaboration and an intentional coming together of a whole group of people all working together to help someone become a parent. That includes a village of people: a reproductive endocrinologist, a geneticist, an embryologist, a lawyer, a psychologist, insurance expert, a travel expert, and obstetrician and if needed a surrogate, an egg donor, a sperm donor. All parties are fully informed and provide their informed consent, and all are in the process for the same goal—to help someone become a parent.

What brought you to this field?

I am a mom through assisted reproduction (22 years ago) when it was very unusual and rare as a pathway. I had to navigate it all by myself. This combined with my training as a licensed psychologist has given me a unique set of skills and body of knowledge. Being a parent is the single best experience of my life. For me to be able to help people fulfill their dream of parenthood on a day-to-day basis through my work, and now through this book, it is the absolute fulfillment of the greatest joy I could ever have.

What's the best part about what you do?

Making people's dreams come true. Holding their hands throughout the process, watching them go from disbelief and often despair to "Oh my gosh this is going to happen for me." Experiencing them tell the people in their lives that this is going to become a reality. Having helped people for decades, I can really see the legacy that is created one baby at a time.

Who will this book help—who should read this book?

Anyone who wants to be a parent and needs help. Anyone who can't attain parenthood in the so-called traditional way. Anyone who has to use third party assisted reproduction. In addition, anyone who has already had a child through third party ART

and has struggled to explain it to someone in their family or sphere will be helped by this book. This book will benefit any child conceived through third party assisted reproduction who has any questions or concerns as the book will help their parents understand the process and convey the beautiful message of intention and collaboration.

Why is this book so necessary now?

From my perspective, it's necessary now because there are so many improvements in technology, so many favorable laws, so many choices, the process can seem more complex than it is. This book pares down those choices to make it less complicated and more straightforward. It's also necessary now because infertility is on the rise; people are waiting longer to start having their families and then finding they need help; environmental changes are impacting fertility and for the LGBTQ community there is a much more favorable environment now than in past. There has never been a time with less stigma, more access and choices, more favorable laws and more sophisticated and safe medical technology than right now.

How is *Your Future Family* different from other books available?

There are a handful of books on the market written by parents who went through the experience of having a child through third party assisted reproduction. There are books written by medical professionals outlining the IVF process. There are books on egg donation, and books specifically on surrogacy. There are books written for LGBTQ folks about their experience as parents, and books written for people struggling with infertility about their experience. This book puts together all the pieces of the puzzle and all the aspects of family building: medical, legal, psychological, personal experience and stories for all different kinds of families, all in one place.

What's the most important thing you want people left with after reading your book?

That parenthood is attainable. If you are willing to make some choices and not give up, you can fulfill this dream. It may not look like your plan A, B, or C, but parenthood is attainable. The journey to parenthood is a complex process but very doable and does not have to be overwhelming, terrifying, or risky. It can actually be very safe, very straightforward, very structured and very doable. Your future family is within reach.

