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A Few Good Eggs

Two Chicks Dish on Overcoming the Insanity of Infertility

By Julie Vargo and Maureen Regan

"For the strictly medical details on infertility, talk to a doctor. For the down-and-dirty scoop, read this book."

-- Julie Vargo and Maureen Regan

Personal instead of clinical, empowering instead of alarmist, **A FEW GOOD**

EGGS: TWO CHICKS DISH ON OVERCOMING THE INSANITY OF

INFERTILITY (ReganBooks; June 2005; ISBN: 0060776811) is the book about

infertility women have been waiting for. Authors Julie Vargo, a journalist, and

Maureen Regan, a literary agent, both overcame infertility in their mid 30s/early

40s. With **A FEW GOOD EGGS**, these two friends offer a smart, deeply intimate look at every aspect of struggling to have a baby. From avoiding the trap (and myth) of "you can always have a baby later" and overcoming the infertile couples' agony of "why me?" to navigating the tricky quest for medical miracles, Regan and Vargo dish the dirt on the things your mother can't -- and most doctors don't -- tell you.

Vargo and Regan know the pain and panic that comes with finding out you are among the one in six American couples that experience infertility. They also know the joys of birth, pregnancy, and motherhood. But what neither of them found during their long, difficult journeys was a book that spoke to them like a girlfriend, at a time when they needed a friend the most. Together, they created that book.

A FEW GOOD EGGS gets to the baby-making basics as these two chicks reveal things most women don't know and wouldn't think to ask. Things like "I feel young, so how could my eggs be old?" "Cervical mucous? Why is that important?" and "What do you mean my husband has to give me shots?" Vargo and Regan want readers to understand that their number-one tool is information - - and they show you how to get what you need to create the family you want.

While **A FEW GOOD EGGS** is not a substitute for medical advice, it can (and should) boost the effectiveness of the doctor/patient relationship by increasing dialogue. The authors worked closely with two top medical professionals to make

sure their information is correct, current, and understandable.

With **A FEW GOOD EGGS**, there's no more guessing about when to seek medical help -- particularly if you are a woman over thirty and not pregnant within six months of trying, or a woman who keeps having miscarriages (even if you already have a child). And equally as important as seeing a doctor in the first place is *consulting the right doctor*. Most women waste precious time with their OB/GYN who is not necessarily trained in infertility, when the go-to person is actually a reproductive endocrinologist.

A FEW GOOD EGGS de-mystifies infertility treatment, explaining what questions will be asked, what tests will be given (and which ones hurt), and the truth about the time and financial investment demanded of patients. It offers the wisdom of your best friend who has already been there, done that -- and is willing to talk and give you the scoop.

With advice on keeping a marriage intact, dealing with the questions (and comments!) from friends and family, information on support groups, and the pros and cons of Internet resources, **A FEW GOOD EGGS** will keep women in the game instead of sitting on the sidelines feeling sorry for themselves.

Vargo and Regan know it's easy to get caught up in the "why me" mentality, especially with all of the media attention given to older celebrity moms. **A FEW**

GOOD EGGS is an important reminder that magazines and tabloids often don't get the real scoop on who spent a fortune on fertility treatments or used donor eggs. Until more high-profile mothers come clean with the press (like Brooke Shields and Courteney Cox, who shared the truth about their infertility), regular women have to remind themselves that they are not alone in their pain -- regardless of how things appear in Hollywood.

Witty and warm, honest and insightful, **A FEW GOOD EGGS** is like having your best girlfriend sitting beside you. It's the pep talk in the waiting room before the doctor sees you. It's the suggestion that it's okay to take charge of your fertility when everyone else wants to give up. It's the whisper in your ear that you *will* become a parent -- although not necessarily to a biological child or through traditional means. But most of all, **A FEW GOOD EGGS** is a roadmap to motherhood, full of hard-earned wisdom that will give women the tools and the courage they need to play the game of infertility and win.

About the Authors

Julie Vargo is an award-winning lifestyle journalist. Her articles have appeared in *The Dallas Morning News*, *The Boston Herald*, *Baltimore Sun*, *Women's Wear Daily*, and *Beautiful Kitchens* and *Beautiful Baths* magazines. She lives with her husband and two children in McKinney, Texas.

Maureen Regan has owned The Regan Agency, a literary agency, since 1995.

She has been in the entertainment industry for over twenty years and has been involved in everything from publishing to editing to talent-relations and negotiations. She lives with her husband and two children in Northport, New York.

**A FEW GOOD EGGS:
TWO CHICKS DISH ON THE INSANITY OF INFERTILITY**
By Julie Vargo and Maureen Regan
ReganBooks
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ISBN 0060776811

Hallmark's A Few Good Eggs Easter card collection is an adorable way to share an Easter smile. Want to bring some of that adorableness into your home? Download the free printables below, break out the crayons and let the kids create their own egg-straight fun Easter egg dioramas. Share: Inspired? Create and share by tagging @Hallmark. Choose your backdrops & props. Picnic backdrop. Picnic props. A few good tips to keep in mind when cooking eggs: Cast-iron cookware can react chemically with egg whites, turning eggs a harmless "but unappetizing" green. If possible, use nonstick cookware instead. The best way to test an egg for freshness is to put it in the bottom of a bowl of water. Fresh eggs rest on their sides, while questionable eggs float. Egg products are featured in a wide variety of sophisticated fare, but even an inexperienced cook can master the simple recipes here with ease. Related: 20 Ways to Jazz Up Your Oatmeal. 2 / 14.

A Few Good Eggs book. Read 20 reviews from the world's largest community for readers. Insight and frank, friendly advice on overcoming infertility -- from...
Goodreads helps you keep track of books you want to read. Start by marking *A Few Good Eggs: Two Chicks Dish on Overcoming the Insanity of Infertility* as Want to Read: Want to Read saving...
Want to Read. A Few Good Eggs. Notify me when the book's added. Impression. Add to shelf. Already read. Report an error in the book. Share. Facebook. Twitter. Vkontakte. To read this book, upload an EPUB or FB2 file to Bookmate.
What is the difference between gonadotrophin releasing hormone and progesterone? Should you freeze your eggs? These questions and many more are answered, and in the tone of a couple of good friends. Between them, the authors have gone through hormone treatments, miscarriages and multiple inseminations -- so they know firsthand the rollercoaster ride of trying to achieve pregnancy. With wise advice on how to communicate with doctors, husbands, friends, and mothers, this book is an invaluable guide for all women facing infertility. Hallmark's *A Few Good Eggs* Easter card collection is an adorable way to share an Easter smile. Want to bring some of that adorableness into your home? Download the free printables below, break out the crayons and let the kids create their own egg-stra fun Easter egg dioramas. Share: Inspired? Create and share by tagging @Hallmark. Choose your backdrops & props. Picnic backdrop. Picnic props. There's more to good eggs than you think. We cut through all the popular marketing terms and help you better understand what makes an egg good and healthy. I think eggs get a bad rap sometimes. Indeed they are high in cholesterol, but they are packed with a long list of beneficial vitamins and protein that you need in your diet. Call us crazy, but we're more concerned with the effects of processed food than cholesterol from "real" food.
Matt and I learned a few tricks to determine approximately how old an egg is. These tricks are especially useful if purchasing eggs from the store since they're most likely older than a farm-direct egg. Gently place your egg in a cold bowl of water. If your egg: sinks to the bottom and lies on its side, it is very fresh, just a few days old. *A Few Good Eggs*. We married in August of 2003 and set off on our journey to have a family in January of 2004. We had no idea how long, painful and expensive this journey would be, but we will not give up until we have a baby (or two) in our arms.
Hello neglected blog. Such a shame that I'm home and not updating this. I'll try to do better in the limited time we have left. Once they are born, I'll be moving to a blog site that is more photo-posting friendly. So let's talk about Mother's Day.

A Few Good Eggs. We married in August of 2003 and set off on our journey to have a family in January of 2004. We had no idea how long, painful and expensive this journey would be, but we will not give up until we have a baby (or two) in our arms. Hello neglected blog. Such a shame that I'm home and not updating this. I'll try to do better in the limited time we have left. Once they are born, I'll be moving to a blog site that is more photo-posting friendly. So let's talk about Mother's Day. A Few Good Eggs. Notify me when the book's added. Impression. Add to shelf. Already read. Report an error in the book. Share. Facebook. Twitter. V Kontakte. To read this book, upload an EPUB or FB2 file to Bookmate. What is the difference between gonadotrophin releasing hormone and progesterone? Should you freeze your eggs? These questions and many more are answered, and in the tone of a couple of good friends. Between them, the authors have gone through hormone treatments, miscarriages and multiple inseminations " so they know firsthand the rollercoaster ride of trying to achieve pregnancy. With wise advice on how to communicate with doctors, husbands, friends, and mothers, this book is an invaluable guide for all women facing infertility. Eggs score high on a scale called the satiety index, which means that eggs are particularly good at making you feel full and eat fewer overall calories (5). Also, they only contain trace amounts of carbohydrates, which means they will not raise your blood glucose levels. In a study in 30 overweight or obese women that ate either a bagel or eggs for breakfast, the egg group ended up eating less during lunch, the rest of the day and for the next 36 hours (11Trusted Source). In another study, overweight adults were calorie-restricted and given either two eggs (340 calories) or bagels for brea