



# **The Baby Dilemma: How to Confidently Decide Whether or Not to Have a Child and Feel Good About It**

*Ann Meredith*

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Ann Meredith, a lawyer with an MBA, started researching the subject of whether or not she wanted to have a child 10 years ago to sort through her own dilemma and ended up interviewing more than 300 people and surveying 100 women that eventually helped her make her own decision. Through research, statistical data and thought-provoking questions, The Baby Dilemma provides a roadmap in navigating one of the biggest life decisions we face.

The book:

- Lays the foundation for good decision-making which is based on recent scientific studies and brain research, and explains why trusting your intuition is paramount.
- Contains a 3-step process to help sort out personal feelings and thoughts.
- Details the 12 main factors most people face when making their decision
- Asks 12 key thought-provoking questions to help identify which issues are most important to the reader.
- The book addresses such important topics as:
  - Do I have tokophobia or a fear of pregnancy/childbirth?
  - How do I make this decision if I don't have a maternal instinct?
  - Do I know how to take care of a child and do I want to?
  - What are the benefits of having a child?
  - Am I the child-free type?
  - Will I regret it if I do have kids or if I don't?

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