



## Pregnancy Options Workbook: Fifth Revision Released

The popular Pregnancy Options Workbook has been updated and re-designed and is ready to ship. “The last revision of the paper edition was in 2006 and a lot has happened since then so we took a long look at the content,” commented Peg Johnston, creator of the workbook series. There are a number of improvements that provide additional information and the workbook has been transferred to a more sophisticated graphics program, which has made it visually easier to navigate.

### What’s new in this edition:

- A more detailed Table of Contents with check boxes for each exercise makes it easier to direct patients to helpful items.
- A 6 page unbiased comparison of Medication Abortion and Aspiration Abortion taken from *Abortion: Which Method is Right for Me?* which will now only be online.
- A note to women who may be in abusive relationships, with a hotline number.
- Updated teratogen information in the “What Can Harm a Pregnancy” section, including anti-depressants and the effect of substances ingested by the father.
- Sections on birth control, healthy sexuality, and all resource references have been revised, and information about the services of *Faith Aloud* have been added.
- The guided day dreams (visualizations) will now be only on the website, with plans to have the guided day dreams on a downloadable audio file.

The *Pregnancy Options Workbook* was created in 1998 with contributions from over a dozen experts in their respective fields as a resource for women “making a difficult decision” about a pregnancy. “We felt at the time that it just wasn’t enough to approach such a complex decision by saying, ‘you have 3 choices, what do you want to do?’ We believe that even more today,” according to Johnston. Tens of thousands of workbooks have been distributed at clinics and family planning agencies and several thousand people visit the website every month at [www.pregnancyoptions.info](http://www.pregnancyoptions.info). Anyone may link to website from their site.

The paper edition remains very affordable although printing and shipping increases have necessitated a slight increase in price. Bulk copies of 100 are \$110 + \$18 s/h. Also available are *A Guide to Emotional and Spiritual Resolution After an Abortion* (available in bulk: 50 copies for \$65 + \$13 s/h). However, *Abortion: Which Method is Right for Me?* will only be accessible on line after current supplies are sold. A Spanish translation of the workbook is underway with the generous support of underwriter, Whole Woman’s Health of Austin, Beaumont, McAllen, Texas and Baltimore, MD.

For more information, contact [info@pregnancyoptions.info](mailto:info@pregnancyoptions.info). Purchases can be made directly from the website store which includes other hard to find pregnancy options resources. Secure PayPal payment is available at [www.pregnancyoptions.info/store](http://www.pregnancyoptions.info/store). For sales in Canada, contact Adrienne at Ferre Institute, sole distributor of the workbooks, at 607 724-4308.