



Dare to Dream: My Struggle to Become a Mum – A Story of Heartache and Hope

Izzy Judd

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**Dare to Dream: My Struggle to Become a Mum – A Story of Heartache and Hope Izzy Judd
THE SUNDAY TIMES BESTSELLER**

Izzy Judd shares the story of her and her husband Harry's fertility journey in this honest and heartfelt memoir.

'All I ever wanted was to be a mum - I couldn't wait and it felt as though my time was so close. But the months started to tick by, with each one ending in disappointment and frustration. And then the inevitable panic started to set in ...'

Having been told by doctors that, due to Izzy's polycystic ovarian syndrome, they would have difficulty conceiving - and after two years of trying - Izzy and Harry turned to IVF.

Izzy's aim, drawing on her own experience, is to break through some of the taboos surrounding miscarriage, IVF and fertility issues. This brutally honest and deeply personal account will acknowledge the struggles that so many couples go through but will ultimately focus on the positive, life-changing and remarkable results that IVF can yield. One in seven couples in the UK have difficulty conceiving and although many babies are now born through IVF, there is still a sense of awkwardness around the subject.

Izzy hopes that this book will be a companion to those going through similar challenges to those she has experienced. As she herself says, 'No couple should have to go through it alone and in silence.'

Dare to Dream: My Struggle to Become a Mum – A Story of Heartache and Hope Details

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Author : Izzy Judd

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ThatBookGal says

I didn't enjoy this book. I found it contrived, way too self praising and often it read like a sales pitch for different businesses that I would never be able to afford the services of. As a woman potentially about to undergo IVF, and struggling massively with my emotions, I wanted so badly for this to be a source of comfort and was so excited to read it. I just found that it put into stark reality how much easier this is if you can go private and if you have money. Izzy and Harry started their fertility journey just a month after trying, for most of us we have to wait at least 2 years before our drs will even take us seriously. By the time they had their baby in their arms, most of us are still undergoing initial tests. Another area I (and many of my fertility friends) struggle with is going to work and pretending its fine. Izzy never had this, she had freedom to sit at home and deal with her emotions, or travel the world with her husband by her side. I ultimately felt like the point of this book was to make you feel normal when you go through this journey, but for me it failed. I'm pleased for Harry and Izzy they have their babies, really pleased, but I would not personally recommend this read to anyone in my position.

Gemma Birkett says

Such an eye opening, emotional and incredible read. The honesty and openness shared by Izzy Judd is so brilliant, I cried my way through this book. Everyone should read this, just to try to have some sort of understanding and compassion towards fertility struggles. We were lucky and fell pregnant quickly but no one knows what goes on behind closed doors. A must read for all!!

Natty says

Wonderful, truly wonderful. I have never read a book that has so accurately depicted the way I feel as a young woman struggling with infertility and PCOS. thank you for writing this Izzy, you've helped me more than you will ever know xxx

Evi says

Just <3

Faye Ducker says

A beautifully written account of Izzy's struggle to conceive. IVF is still somewhat of a taboo subject and it was refreshing to read such a frank account of what she went through.

I was also interested to learn about IVF in general, I had no idea it was such a difficult, invasive process.

Rebecca Farren says

5/10

Rachel Stevenson says

Never have I read such an honest and heart felt story. This book has taught me so much and I'm not even starting a family any time soon. This is a must read for any one who wants a family or suffers with anxiety. Izzy is an inspiration and should be rewarded for the openness she's brought to this topic.

Rebecca Blacker says

This took me ages to read as I could relate to it so much. Worth the emotional roller coaster.

Selina Skinner says

As someone who has gone through ivf and a subsequent miscarriage and am facing the prospect of ivf again I eagerly waited for the release of this book. I have followed izzys journey and connected with her through social media and recently met her at her book signing for this book.

I got the audio version and physical copy of this book and it didn't disappoint. Listening to her having gone through the same agony we have but still keeping hope in those dark days has really helped me. The book is a very real depiction of the ups and downs of the struggle with infertility that only those who have gone through it can truly understand. Izzy makes you feel less alone with this book and offers tips and advice on how to survive it.

Highly recommend for anyone struggling to have a baby

Rachel McQuoid says

This was so heartbreakng. I had a few brief email exchanges with Izzy a few years ago in which we had frank conversations regarding fertility issues so I have a huge amount of respect for her for writing this and sharing her story. She's such a kind and lovely person and I loved this. I'm so glad she got her happy ending.

Kaisha (The Writing Garnet) says

All reviews can be found on my blog at <https://thewritinggarnet.wordpress.com>

When it comes to books written about a real life person and their ACTUAL life, how on Earth do we begin to review the book? In other book reviews we may discuss the pace of the book, or how it was written...things like that. But let's be honest, it would take someone with the character of a female dog to start reviewing this book in terms of 'storyline', 'plot', and how 'believable' the entire book was. So, whilst I am still calling this post a review, I sure as hell won't be pulling apart anything except the thoughts from my mind. After all, who are we to judge someone else lifestyle and the harrowing situations which they had to face?

As most people are aware, Izzy Judd is in the public eye (just like her husband Mcfly drummer - Harry Judd). Because of that, certain parts of their lifestyle will make the media before they have had time to finish their morning cuppa, or, in Izzy's case, write a book about it. We all know that the media can stretch things. We all know that the media can put two and two together to make five. However, the media is was brought Izzy's journey to light in passing and luckily, all of us would have the chance of reading her story in her very own words thanks to this book.

Why did I choose to read 'Dare to Dream'? Well, as a huge fan of Mcfly and Escala (Izzy's old group), I wanted to know more about their real lives away from the spotlight. Plus, seeing as 'Dare to Dream' is about such a personal and sensitive topic, I knew that whilst Izzy's journey was a different one, I knew that I would be able to relate with the overall topic of fertility itself. Back in 2011 I was diagnosed with a chronic illness which ended up making me think that I would never be able to have children or, if I did fall pregnant, I knew that the risks of miscarriage and such, were all extremely high. I may not have had IVF, but I have fertility struggles. For me, 'Dare to Dream' became the voice of unborn babies and ready wombs everywhere.

Naively, I always thought that IVF worked every time, literally being a case of doctors putting the fertilised egg back in the womb and away you go. Oh my goodness I couldn't have been more wrong! Based on Izzy's own personal experience, getting her body emotionally and physically ready for IVF seemed to be an extremely challenging experience, and that was before the IVF even started! Not only were the Judd's dealing with a lot of negative emotions due to conceiving not happening naturally as it were, they found themselves (Izzy more so) having to completely change their mindset when it came to pregnancy. Having dealt with multiple blows, I am in awe at how Izzy turned her emotional wellbeing upside down, gave herself a little shake and climbed through the mud, despite not knowing what could be waiting for her on the other side. Whilst some people may say that if you truly want something you'll walk to the end of the Earth to get it, I truly believe that it takes a certain amount of strength to keep going along a path when all you want to do is hide. Through the fear. Through the emotional turbulence. Through the hormonal and physical changes outwit your control. THAT takes, in my eyes, severe courage, strength, and power to be able to get you and your body through that. I am completely in awe at what I read - I admire Izzy Judd so much after reading this.

Obviously, if you haven't been through something yourself, or been indirectly involved with someone who has, understanding that situation can be quite difficult, if not impossible. How can you know how someone feels after having needles stuck into their stomachs? How can you understand someone's pain that their body isn't working how they thought it should? How can you begin to understand someone's journey one hundred percent, if you're not THEM? You.....can't. Izzy made it perfectly clear on more than one occasion that, whilst multiple people go down the IVF route, her journey and everyone else's journey are completely separate and personal to each person. That said, Izzy also included some rather lovely hints and tips should anyone feel that they wish to try something which they hadn't thought of before, whilst embarking on their IVF journey.

What made me quite emotional (aside from Izzy and Harry's journey), was how Izzy thought of other people

whilst going through her own situations. It's clear from the onset that Izzy wanted to write this book to bring awareness to fertility issues via her own story, however, I found my eyes leaking when I read how Izzy also wrote this book with other people in mind, whilst wanting to ensure that nobody ever felt alone whilst going through their fertility struggles.

I've said it before in this post, but I'll say it again; Izzy Judd is such a remarkable woman with an extremely big heart. I loved how in 'Dare to Dream', we got to read Harry's side of the story as well, especially as it's clear that the women can only house the baby, their partners are involved in the emotional side from a soon-to-be father point of view, as well as a loving partner. Even though I am a single mum, it was refreshing to see the journey from both angles.

'Dare to Dream' hit home in many ways from the emotional struggles, to the fertility struggles, to the feelings of self-doubt and failure. 'Dare to Dream' made me feel as though there is hope. I was lucky enough to become a mum the one time, however my fertility issues still continue and my body (and future babies) are forever at risk. Reading Izzy Judd's honest and emotional story made me feel as though there was now a little angel sitting on my shoulder, ready to be the voice of hope, love, positivity and friendship. Honestly? I wish I had a friend in my life like Izzy Judd, I'm not going to lie.

A beautifully written, heartbreakingly poignant story about love, life, loss, but most importantly - faith.

'Life isn't about waiting for the storm to pass, it's about learning to dance in the rain' - my all time favourite quote.

Phoebe says

Wow what a journey. I couldn't put it down it was heartbreakingly, informative and inspiring. It's an experience millions of women and families go through and it's important that this book is out there.

Kirstie says

4 stars.

First off, I just want to mention that I'm NOT the intended audience for this book; I've never wanted children and take precautions to avoid falling pregnant.

The reason I wanted to read this is because I have followed on social media and saw these events happen throughout the years and I did want to read this book for a better understanding/support.

Even though i knew what events were coming, I still felt a difficulty at putting this book down. If I didn't have work or a household to run, or needed sleep, I would've read this book in one sitting.

The journey was worded beautifully, and pulled you into the lives. There's even a couple of moments that made me well up, especially one where I can relate. Definitely hit close to home.

It's heartfelt and an emotional journey that shows just how strong & resilient women/humans can be. It's very enlightening, and gives an true personal insight to IVF.

This is one book I would recommend, whether you're going through a similar situation or not.

Hannah Pham says

I found the topic of this book very difficult to read. I initially picked it up in search of a story similar to my own. This book addresses the desire for motherhood, the complications and heartbreak when this doesn't come easily and the plain facts and medical procedures some women experience to bring their dreams to reality. I cried a lot when I read this and locked myself indoors for a few days, just to deal with my own emotions. In many ways, it was comforting to read about the same feelings and to read about someone else's success story. It would be pretty sh*te if she didn't have a happy ending, to be fair. I'd have demanded a refund.

Ashley says

Where do I begin? I began reading this while expecting my first baby. Reading of Izzy's struggles I did feel a little guilty here I was 6 months pregnant after trying/not preventing for a couple of months, but as I kept reading I still could relate to her. The first few months of my husband and I trying when google got the best of me, the tears at a negative test, the disappointment when my monthly gift finally showed up, and her struggle with anxiety. Though mine may not have been as severe as hers I knew exact how she felt. We told our immediate family shortly after finding out, we were too happy to keep it a secret. I was still only 5/6 weeks when I had to tell my extended family after my grandfather passed. I was so scared that the more people that knew meant I was going to jinx myself. Ever since I was a little girl my dream job has been being a wife and a mom! Here I was experiencing it and I couldn't get excited out of fear of it all going away. My anxiety took over a good part of my pregnancy. I finished the book after my son was born and once again Izzy wrote how I was feeling. Her quote " when you suffer with anxiety, you constantly operating in the past or the future, very rarely in the here and now with a baby, you can only be present in the moment with them, and I'm sure that's why I'm coping better"

This book was so amazing and Izzy is such an amazing inspirational person.
