

why is my ovulation test always negative

why is my ovulation test always negative is a common question among women trying to conceive or monitor their menstrual cycles. Ovulation tests, also known as ovulation predictor kits (OPKs), are designed to detect the surge in luteinizing hormone (LH) that precedes ovulation. When these tests consistently show negative results, it can cause confusion and concern. Understanding the reasons behind a negative ovulation test can help identify possible underlying issues, whether related to timing, hormonal imbalances, or test usage. This article explores why ovulation tests may always be negative, how to use these tests correctly, and what medical conditions or lifestyle factors might affect their accuracy. Additionally, it will provide guidance on alternative methods to track ovulation and when to consult a healthcare professional. The following sections will cover the main causes and solutions for persistent negative ovulation test results.

- How Ovulation Tests Work
- Common Reasons for Always Negative Ovulation Tests
- Factors Affecting Ovulation Test Accuracy
- When to Seek Medical Advice
- Alternative Methods to Track Ovulation

How Ovulation Tests Work

The Role of Luteinizing Hormone (LH)

Ovulation tests measure the level of luteinizing hormone (LH) in urine. LH is a hormone produced by the pituitary gland that triggers the release of an egg from the ovary, a process known as ovulation. Typically, LH levels surge 24 to 48 hours before ovulation, signaling the most fertile period in the menstrual cycle. Ovulation predictor kits detect this surge to help predict when ovulation is about to occur.

Types of Ovulation Tests

There are various types of ovulation tests available, including digital and

strip tests. Strip tests require visual interpretation of lines, while digital tests display clear results such as a smiley face or a positive/negative reading. Both types function by detecting LH concentration in urine, but sensitivity levels may vary between brands and models.

Common Reasons for Always Negative Ovulation Tests

Incorrect Timing of Testing

One of the most frequent causes of persistent negative results is testing at the wrong time in the menstrual cycle. Since the LH surge happens briefly, often lasting only 24 to 48 hours, testing too early or too late can miss the surge entirely. It is important to start testing several days before the expected ovulation date based on cycle length.

Irregular Menstrual Cycles

Women with irregular cycles may find it challenging to predict ovulation accurately, leading to testing at inappropriate times. Conditions such as polycystic ovary syndrome (PCOS) or stress-related cycle irregularity can disrupt the normal pattern of hormone fluctuations, resulting in no detectable LH surge during the typical testing window.

Low or Absent LH Surge

In some cases, the body may not produce a pronounced LH surge. This can happen due to hormonal imbalances or underlying medical conditions. Without a sufficient surge, ovulation tests will remain negative even if ovulation occurs or is delayed.

Use of Fertility Medications or Hormonal Contraceptives

Certain medications, especially hormonal contraceptives or fertility treatments that contain hormones, can interfere with the natural LH surge. Women taking these medications may experience consistently negative ovulation tests because the hormonal environment is artificially altered.

Poor Test Quality or Expired Tests

Using expired ovulation tests or those stored improperly can lead to inaccurate results. Additionally, cheaper or low-quality tests may have lower sensitivity, making it harder to detect the LH surge.

Factors Affecting Ovulation Test Accuracy

Hydration Levels

Excessive fluid intake before testing can dilute urine, potentially lowering LH concentration and causing false-negative results. It is advised to limit fluid consumption for a few hours before taking an ovulation test to ensure more concentrated urine.

Time of Day to Test

LH levels fluctuate throughout the day, often peaking in the morning or early afternoon. Testing during these times increases the likelihood of detecting the LH surge. Many experts recommend testing between 10 am and 8 pm, ideally at the same time each day.

Improper Test Usage

Incorrect handling of the test, such as not following instructions precisely, can affect results. This includes not using the test within the specified time frame after collecting urine, misreading results, or failing to wait the appropriate time before interpreting the test line.

Underlying Health Conditions

Certain health issues such as thyroid disorders, hyperprolactinemia, or ovarian insufficiency can disrupt hormone production and ovulation patterns. These conditions may prevent the LH surge from occurring or being detectable on ovulation tests.

When to Seek Medical Advice

Persistent Negative Results Despite Regular Cycles

If ovulation tests are consistently negative over several cycles and menstrual periods are regular, it is advisable to consult a healthcare provider. This may indicate anovulation or other reproductive health issues that require medical evaluation.

Irregular or Absent Menstrual Cycles

Women experiencing irregular, infrequent, or absent periods alongside negative ovulation tests should seek professional assessment. These symptoms can signal hormonal imbalances or conditions such as PCOS or premature ovarian failure.

Fertility Concerns

For those trying to conceive without success, persistent negative ovulation tests may warrant a fertility workup. A doctor can perform blood tests, ultrasounds, and other diagnostics to identify ovulatory dysfunction or other factors affecting fertility.

Alternative Methods to Track Ovulation

Basal Body Temperature (BBT) Charting

Tracking basal body temperature involves measuring body temperature every morning before getting out of bed. A slight increase in BBT typically occurs after ovulation due to progesterone production, helping to identify fertile windows retrospectively.

Cervical Mucus Monitoring

Changes in cervical mucus consistency and appearance can indicate approaching ovulation. Fertile mucus is usually clear, stretchy, and resembles egg whites, signaling high fertility. Monitoring these changes daily can complement ovulation test results.

Ultrasound Monitoring

In clinical settings, transvaginal ultrasounds can track follicle development and confirm ovulation. This method is highly accurate but typically reserved for cases with fertility issues or irregular cycles.

Serum Hormone Testing

Blood tests measuring hormone levels such as LH, follicle-stimulating hormone (FSH), estradiol, and progesterone can provide detailed information about ovulation status and reproductive health.

Apps and Fertility Monitors

Fertility tracking apps and digital monitors use algorithms based on menstrual cycle data and symptom input to predict ovulation. While helpful, these tools should be used alongside other methods for more reliable results.

- Start ovulation testing several days before expected ovulation to avoid missing the LH surge
- Limit fluid intake before testing to prevent urine dilution
- Test at the same time each day, preferably between late morning and early evening
- Follow test instructions precisely and use high-quality, unexpired kits
- Track additional ovulation signs such as basal body temperature and cervical mucus
- Consult a healthcare provider if ovulation tests remain negative despite regular cycles or fertility concerns arise

Frequently Asked Questions

Why is my ovulation test always negative even though I have regular periods?

Your ovulation test may be negative if you have irregular LH surges or if you are testing at the wrong time of day. It's important to test at the same time each day, preferably in the afternoon, as LH levels can spike quickly and may be missed.

Can certain medications cause ovulation tests to be always negative?

Yes, some medications, especially hormonal contraceptives or fertility drugs, can interfere with your body's LH levels and cause ovulation tests to show

negative results consistently.

Could not ovulating be the reason my ovulation test is always negative?

Yes, if you are not ovulating (anovulation), your LH surge will not occur, and ovulation tests will remain negative. Conditions like PCOS or thyroid disorders can cause anovulation, so consulting a healthcare provider is advisable.

Does drinking a lot of water affect the accuracy of ovulation tests?

Drinking excessive amounts of water before taking an ovulation test can dilute your urine, potentially lowering LH concentration and resulting in a negative test. It's best to reduce fluid intake about two hours before testing.

How can I improve the accuracy of my ovulation tests if they are always negative?

To improve accuracy, test at the same time each day, reduce fluid intake before testing, use first-morning urine if recommended, and consider tracking other ovulation signs like basal body temperature or cervical mucus. If tests remain negative, consult a healthcare professional.

Additional Resources

1. Understanding Ovulation Tests: Why Am I Always Negative?

This book offers a comprehensive explanation of how ovulation tests work and common reasons why they may show negative results. It covers the biology of the menstrual cycle, hormone fluctuations, and potential testing errors. Readers will gain insight into troubleshooting their ovulation testing process and understanding when to seek medical advice.

2. The Hidden Causes of Negative Ovulation Tests

Explore the less obvious factors that can cause consistently negative ovulation test results, including hormonal imbalances, thyroid issues, and stress. This book provides detailed case studies and practical tips for identifying underlying health problems. It is an essential guide for women struggling with fertility and irregular cycles.

3. Mastering Your Fertility: A Guide to Accurate Ovulation Testing

This guide focuses on improving the accuracy of ovulation testing through timing, technique, and understanding your unique cycle. It explains the different types of ovulation tests and when to use them effectively. The author also offers advice on lifestyle changes to enhance fertility and

optimize test results.

4. When Ovulation Tests Fail: What Your Body Might Be Telling You

Delve into the medical conditions and lifestyle factors that can lead to repeated negative ovulation tests despite attempts to conceive. The book discusses polycystic ovary syndrome (PCOS), anovulation, and other reproductive disorders in accessible language. Readers will learn how to interpret test results in context and pursue appropriate treatment.

5. Tracking Ovulation: Beyond the Test Strips

This book introduces alternative and complementary methods for tracking ovulation, such as basal body temperature charting and cervical mucus monitoring. It emphasizes the importance of a holistic approach when ovulation tests are inconclusive. Practical tips help readers combine multiple methods for a clearer picture of their fertility.

6. Fertility and Hormones: Understanding Your Cycle When Ovulation Tests Are Negative

A detailed look at the hormonal interactions that regulate ovulation, this book explains why ovulation tests might not detect a surge even when ovulation occurs. It covers endocrinology basics and discusses how certain medications or conditions can affect test accuracy. The book aims to empower women with knowledge about their reproductive health.

7. Overcoming Anovulation: Strategies for Positive Ovulation Tests

Focused on anovulation (lack of ovulation), this book offers strategies to stimulate ovulation and achieve positive test results. It includes dietary recommendations, medical treatments, and lifestyle adjustments that support hormonal balance. Inspiring success stories provide hope for women facing fertility challenges.

8. The Complete Guide to Fertility Testing and Diagnosis

Beyond ovulation tests, this resource covers a broad spectrum of fertility assessments including blood tests, ultrasounds, and specialist consultations. It helps readers understand when a negative ovulation test warrants further investigation. The book is a valuable tool for navigating the often complex fertility evaluation process.

9. Stress, Sleep, and Fertility: How Lifestyle Impacts Ovulation Test Results

Examining the connection between lifestyle factors and reproductive health, this book highlights how stress and poor sleep can disrupt ovulation and lead to negative test results. It offers practical advice on managing stress, improving sleep hygiene, and adopting a fertility-friendly lifestyle. Readers will learn how small changes can make a significant difference in their fertility journey.

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why is my ovulation test always negative: 69 Million Chances Lee Reid, 2011-03-26 69

Million Chances is a story about a couple's plight to start a family. They had gotten married and she had thrown the pill away the very next day, and if she was being honest with herself, she was nervous about falling pregnant straight away. She needn't have worried, after three years of trying, she still wasn't pregnant and the prospects didn't look good. In and out of the bedroom they had exhausted all options and all that was left was IVF. And this was the one path they didn't want to be lead to. As IVF isn't known for its simplicity, and you are taken through their emotional journey in depth with an insight into how the process, procedures and drugs affects their once happy little home. They find the only thing they have left to rely on is hope to get them from one stage to the next and constantly question if it (hope) actually exists: this alongside with God. The Catholic Church doesn't believe in IVF and this makes them question their faith. Faced with the unsuccessful attempt of their last frozen embryos, their last hope, they had to decide whether to try the whole IVF process again? She consulted a clairvoyant for some clear direction. The clairvoyant couldn't answer her but did say she sees her with two children on a beach. Is that enough hope to keep trying?

why is my ovulation test always negative: My Testimony! Lacy Megan Martinez, 2015-07-24

My Testimony is about Gods faithfulness throughout my life. Ive had to overcome relationship issues, infertility, lack of money, leaving my family, losing my house, losing two daughters that I wanted to adopt, and all kinds of other things that my journey has had, but God has been here for me every step of the way, even when I didnt see Him working. This book is about overcoming lifes situations and problems by praying, persevering, and trusting them into the hands of God, our Father! ~Lacy

why is my ovulation test always negative: Angels in Our Room GL Mendenhall, 2023-09-12

Angels in Our Room is a story of one couple's journey through infertility and an angelic encounter that gives hope to us all. The Bible tells us that God will give us the desires of our hearts, but for couples walking through the long, lonely road of infertility, that promise can feel empty. GL and Jason Mendenhall have been there. For nearly ten years, they took test after pregnancy test, praying desperately for those positive pink lines. But their story has a twist you would never expect. As the title Angels in Our Room suggests, Jason and GL had an incredible experience with actual angels in their bedroom. And what the angels revealed to them has significant implications for every single one of us. In this moving testimony, GL shares the details of their ten-year struggle with infertility, the incredible night during which they were visited by three angelic messengers, and the message they had for the Mendenhalls and all of us. When you finish this book, you'll feel alive with hope and full of worship for our one, true Creator God.

why is my ovulation test always negative: Was Called Barren Brandi Chase, 2016-11-04

Trying to get pregnant? Is it taking longer than expected? Not happening how you dreamed? You're not alone. Through Was Called Barren, Brandi walks alongside you by unveiling her own real-life experiences and journey through infertility. Brandi gives hope to women waiting for expectancy by sharing her private, up-hill, zigzag, and unexpected long distance voyage to motherhood. Was Called Barren is a self-paced devotional with 40 personal testimonies that transparently talks about baby showers, fertility specialist appointments, maternity tours, stupid things people say, and more in a heart-to-heart style. Each chapter is interwoven with scriptures and reflection questions; along with room to journal your thoughts. Don't lose hope, and don't walk this journey alone! Renew and refresh your belief in your baby promises with Was Called Barren.

why is my ovulation test always negative: The Birth of Hope Genevieve Deely, 2020-01-08

The Birth of Hope is a compilation of the author's raw and personal journal entries beginning five days into the loss of her two-and-a-half year old daughter Penny and spanning the following three

years. Genevieve felt compelled to write through her feelings of heartbreak and to share her discoveries of blessings, miracles, joy and peace along the way. It is her hope that others experiencing loss and tragedy feel inspired for their own healing and comforted knowing they are not alone on the complicated journey of grief. What begins as a devastating tragedy, reveals itself to be a pathway to spiritual enlightenment for Genevieve. Penny's departure not only deeply impacted her family, but had a ripple effect on a much wider community than the family could ever have imagined.

why is my ovulation test always negative: Positively PCOS Amy L. Hansen, 2005-08-26
Positively PCOS is a memoir of the author's attempt to overcome infertility. Years slipped by before discovering that something called PCOS (Polycystic Ovary Syndrome) and insulin resistance was the culprit. PCOS is the most common hormonal disorder among pre-menopausal women and one of the most common causes of infertility. The book is written candidly from the patient's perspective. She describes her struggle to understand what is in control of her body and shares all of the raw emotion that infertility brings. The author takes us along for the ride as she seeks to find her way to discovering the truth about her body and herself. This is a motivational and inspiring story of determination and hope.

why is my ovulation test always negative: My Miserable Lonely Lesbian Pregnancy Andrea Askowitz, 2008-04-28 A whimsical and deeply personal account of the author's experience with being a pregnant single lesbian describes her solitary experiences of the joys and travails of pregnancy, her relationships with her liberal parents, and her surprise encounters with kind strangers. Original.

why is my ovulation test always negative: Big Fat Negative Emma Haslett, Gabby Griffith, 2022-01-20 'This book is totally brilliant - informative, sensitive, funny and wise. Reading it is like talking to a fairy godmother who also happens to be a gynaecologist and expert on all things fertility' Sophia Money-Coutts Big Fat Negative (BFN) - a term commonly used on internet forums to refer to a negative pregnancy test. Infertility can be a lonely journey. One in every six couples will struggle to conceive but, despite this, many don't feel comfortable talking openly about their experiences and sharing what they are going through. As a result, they feel isolated and alone. It doesn't have to be this way. By talking, laughing and shouting about our experiences we can start to lift the cloak of shame that so often engulfs those going through it. Big Fat Negative does just that. This no-nonsense, honest guide to infertility from the hosts of the Big Fat Negative podcast smashes the taboo around this isolating and heartbreaking illness, offering first-hand experience, an understanding voice when friends don't get it, expert advice, reassurance for when you feel alone and - most importantly - humour when it you need it the most. Using first-hand accounts of the various hurdles of infertility, from work to diagnoses and IVF, coupled with advice from leading experts, Big Fat Negative will hold your hand on the not-so simple journey to motherhood - helping you to face and defeat the trials of trying for a baby.

why is my ovulation test always negative: The Gentle No Syreeta L. Carrington, 2025-02-12
As the eldest child born to a single mother, I was parentified at a young age. On the weekends when my mother worked as a nurse at the local hospital and all I wanted to do was be a kid, I was responsible for my younger brother and sister. That included everything from getting them dressed to feeding them and making sure they were safe. Growing up, I became increasingly more and more convinced that I never wanted children of my own. Instead, I concentrated on establishing a career and experiencing a life that did not include children. That was until I met and married Luis. Then a shift occurred, and my heart expanded to embrace the possibility. What unfolded next, over the course of many years, was an emotional and spiritual journey to conceive a child that required me to look into the depths of my very soul and ultimately to get real with God. In *The Gentle No: Wanting What Wasn't for Me*, the reader is invited to experience a pivotal time in my life while considering this question: What happens if you never get the thing that you have waited and prayed for? Through disappointment and heartbreak, this is a story that stands firmly on Romans 8:28: And we know that all things work together for good to them that love God, to them who are the called

according to his purpose.

why is my ovulation test always negative: What to Expect Before You're Expecting Heidi Murkoff, 2017-10-03 What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples.

why is my ovulation test always negative: The Curvy Girl Club Kelsie Stelling, 2023-06-23 Catch up with the original Curvy Girl Club as adults in this full-length story told from alternating points of view! Life has a way of pulling friends in different directions. Not all of them are good. Five friends found each other senior year of high school, but things have changed since then. From cross-country moves to demanding school and work schedules, keeping a friendship going is harder than any of them anticipated. But when the beloved Waldo's Diner burns down, they have no choice but to put their differences aside and come together to save it. They have mere weeks to raise enough money to buy it back from a greedy corporation and build it to what it once was. What started out as a mission to save Waldo's Diner turns into a lesson instead: you can't always go back to the way things were. Some things are meant to change. For better or worse. Start reading *The Curvy Girl Club: All Grown Up* to see where the characters you love are as adults. You'll love this heartwarming, raw story of friendship, growth, and redemption.

why is my ovulation test always negative: What We Carry Kalyn Fogarty, 2021-08-10 WINNER OF THE 2021 AMERICAN BOOK FEST BEST BOOK AWARD Fans of Caroline Leavitt will relish this rich, complex novel born of the author's own loss and grief, about how one can overcome tragedy through bravery and self-discovery. Cassidy Morgan's life has always followed a carefully laid track: top education, fulfilling career, and marriage to the love of her life, Owen. The next logical step was starting a family. But when a late-term miscarriage threatens to derail everything she's worked so hard for, she finds herself questioning her identity, particularly what it means to be a mother. Unable to move past her guilt and shame, she realizes there's more to fix than a broken heart. Grief illuminates the weaknesses in her marriage and forces her to deal with her tumultuous relationship with her own mother. Cassidy hopes her work as a veterinarian specializing in equine reproduction will distract her from the pain but instead finds that one of the cases she's working on shines a spotlight on the memory of her unborn son. For once in her life, Cassidy is left untethered and wondering why she wanted to become a mother in the first place. Then the unexpected happens when Cassidy becomes pregnant again. But the joy over her baby is tempered by her fear of another loss as well as her increasingly troubled marriage. Now, she must decide whether to let her pain hold her back or trust that there's still something to live for. *What We Carry* is a thought-provoking response to the author's own miscarriage and lack of fiction surrounding the topic, that she and other women in her situation crave.

why is my ovulation test always negative: Three Little Birds Liana Stemp, 2022-08-02 *Three Little Birds* is the raw and inspiring personal account of what it's like to experience the devastation of infant loss. Written at the time of her experience and after, the book is based on Liana Stemp, whose life through pregnancy, birth and babies has been anything but easy. Opening with telling the story of the past seven years, it includes what it's like to experience difficult pregnancies, unimaginable miscarriages, and the hell of going through birth trauma, including the consequences

thereafter, which ultimately led to PTSD and post-natal depression. We experience the pregnancy with Liana, which turns out to be a nine-month emotional rollercoaster, from experiencing sudden prenatal epilepsy which results in a car crash with her daughter, to find out her unborn child had CDH, a serious health complication. Not only this but also the back and forth as to whether the pregnancy could continue as the baby continued to grow. The relief that it could continue, only then to discover the extent of baby Brandon's condition and the subsequent ups and downs of the neonatal intensive care unit. Finally, this ends in the shattering experience of watching your baby slip away. We then glimpse the 'after' – brutally honest, it's an eye-opening look into the world of grief and how others' kindness can be beautiful and difficult at the same time. All in all, the book covers a lot of subjects surrounding pregnancy, miscarriage, birth trauma, baby loss and a year in the life of a mother living with grief, with the spiral of Covid-19 happening to fall amidst it all. *Three Little Birds* is ultimately an inspirational, yet a harrowing journey through infant loss and beyond.

why is my ovulation test always negative: *The Inadequate Conception* Lori Green LeRoy, 2010-12-15 I am the no prego pro, infertility warrior, bunless oven, cant-make-a-baby veteran. It has taken six years and tens of thousands of dollars to achieve this distinction, and more specifically, 1,611 prenatal vitamins, 78 fertility drug injections, 55 ovulation detection tests, 40 blood draws, 33 ultrasounds, 16 pregnancy tests, and 11 embryos to confirm it. Still, throughout this not-so-fun numbers game (I always thought that procreating was supposed to be much, much more enjoyable), I have tried very hard to look at the lighter side of our struggles to conceive: Betting to see whose sperm count is higher and performing a strip tease in a hospital room are not things that I ever thought I'd be part of, yet here I am, willing to disclose the details of some very intimate incidents. Whether a couple needs two tries to get pregnant or two hundred, most can relate to calculating menstrual cycles and trying to decipher ovulation test sticks. And there can be plenty of funny incidents and awkward and absurd moments along the way, whether trying to get sperm to meet egg involves candlelight and Barry White or Petri dishes and blastocytes. *The Inadequate Conception* tells the authors and others real-life stories of trying to find two blue lines on a pregnancy test.

why is my ovulation test always negative: *TTC: Trying to Conceive* Fiona McPhillips, 2014-06-27 As Ireland's baby boom reaches childbearing age, one in six couples are seeking help to have a baby, and it is estimated that this figure will rise to one in four over the next twenty years. In *TTC: The Irish Couple's Guide to Trying to Conceive*, Fiona McPhillips offers advice to all those who are planning a family or who are experiencing difficulties in relation to fertility. This easy-to-read guide, which features numerous diagrams and tables and a wealth of information specific to the medical services and current medical practice in relation to fertility in Ireland, makes sense of the sometimes bewildering array of options available to those who are seeking help with conception. It also provides advice on how couples can increase their chances of conceiving a child. *TTC* will prove to be an indispensable companion for all those seeking to navigate the maze of options relating to fertility.

why is my ovulation test always negative: *Contraception Today* John Guillebaud, 2016-01-06 *Contraception Today* is the definitive introductory guide to contraceptive advice. The eighth edition of this bestselling pocketbook summarizes all available methods of contraception and the various factors to be considered in using them. This is a practical guide to the products available, including those newly launched for the market. The easy-to-

why is my ovulation test always negative: *The Perfect Stranger* Tara Lyons, 2025-06-16 In a neighborhood full of secrets, who can you trust? Beware the man next door, in this riveting thriller from the author of the *DI Hamilton* series. Ruby and Mike have built a quiet and happy existence, but their lives are about to unravel—with deadly consequences. When Mike's new promotion begins to keep him away from home, Ruby befriends the charming new neighbor, Henry. Their forbidden connection ignites emotions Ruby has never felt before—but it also unleashes something sinister, and leaves her questioning everything she thought she ever wanted. Strange events start happening. Items missing, doors unlocked, and a chilling note left behind. Are Ruby's fears real, or is something far darker at play? Trapped in a nightmare of manipulation and deceit, secrets surface and cracks in

Ruby's relationships are revealed. She soon realizes danger isn't always found in the shadows . . . When a mask of perfection slips, how far would you go to protect yourself? For fans of Lisa Jewell, *The Perfect Stranger* is a gripping psychological thriller about betrayal, obsession, and the lies we tell—to others and ourselves.

why is my ovulation test always negative: What's in a Name? Perspectives from Non-Biological and Non-Gestational Queer Mothers Sherri Martin-Baron, Emily Regan Wills, Raechel Johns, 2020-09-25 *Queer parenthood: It's multifaceted. It's complex. And it is constantly changing, as laws and culture shift around us. What's in a Name? reflects on this complexity through the voices of nonbiological/non-gestational queer mothers/parents who explore our experiences parenting across our different social and familial locations. The authors have all taken different routes to parenting, live in different countries, and understand our relationships to parenting through our own personal experiences. What we share is a commitment to parenting beyond the limits of biology, and of building families that are drawn together and maintained by the love and labour of parenting. The fifteen essays in this book address three key moments in our parenting journeys. First, we examine the routes we took to parenting, with many of us specifically focusing on the experience of being the other mother while our partners were pregnant, and the particular fears, anxieties, and triumphs that come with it. Second, we locate ourselves in the thick of it as parents, where the experiences shared among parents are colored by our particular experiences as nonbiological/non-gestational mothers/parents. Finally, we reflect on our identities, including the identity of mother, and how those grow, shift, and develop throughout our parenting journeys.*

why is my ovulation test always negative: Fools Rush In Kristan Higgins, 2023-01-18 *New York Times-Bestselling Author: You can't hurry love . . . No other author manages to make us cry quite so achingly and laugh quite so hard. —NPR* Millie Barnes is this close to finally achieving her perfect life. Rewarding job as a local doctor on Cape Cod? Check. Cute cottage of her very own? Check. Adorable dog suitable for walks past attractive locals? Check! All she needs is for golden boy and former crush—former intense, obsessive, years-long crush—Joe Carpenter to notice her, and Millie will be set. But perfection isn't as easy as it looks—especially when Sam Nickerson, a local policeman, is so distracting. He is definitely not part of her master plan. But maybe it's time for Millie to make a new plan . . . Higgins writes the books you don't want to end. —Robyn Carr She only gets better with each book. — *New York Times*

why is my ovulation test always negative: On Second Thought Kristan Higgins, 2017-01-31 *New York Times-Bestselling Author: "Emotional depth is seared into every page along with wry banter, bringing readers to tears and smiles." —Library Journal (starred review)* Ainsley O'Leary is so ready to get married—she's even found the engagement ring her boyfriend has stashed away. What she doesn't anticipate, after eleven years together during which she nursed him through cancer, is being blindsided by a breakup that he chronicles in a blog . . . which (of course) goes viral. Devastated and humiliated, Ainsley moves in with her older half sister, Kate, who's struggling with a sudden loss of her own in upstate New York. Kate's always been the poised, self-assured sister, but becoming a newlywed—and a widow—in the space of four months overwhelms her. Though the sisters were never close, she starts to confide in Ainsley, especially when she learns her late husband was keeping a secret from her. Despite the murky blended-family dynamic that's always separated them, Ainsley's and Kate's heartaches will bind their summer together as they come to terms with the inevitable imperfection of relationships and family—and the possibility of one day finding love again . . . "Higgins's page-turner highlights both the complexity of family relationships and the intense power of love." —*Publishers Weekly* "A captivating read about two sisters dealing with love, loss and new beginnings. What sets this book apart is how one event changes both women's lives. Kate is refreshingly frank in her inner monologue, and Ainsley is charmingly self-aware and wry." —*RT Book Reviews*, 5 stars (Top Pick) "Higgins' complex, witty characters will seem like close friends, and readers will savor each and every page . . . [Higgins is a] women's-fiction star." —*Booklist* (starred review)

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