

Creating new perspectives and visions for life



Ilka Sterebogen
Mothers at Heart
[Herzensmütter]
Becoming happy despite an unfulfilled desire for children

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Ilka Sterebogen, born in 1970, is an independent naturopath and an expert for the desire to have children. When she herself wanted to have kids, she experienced what it means to face the obstacles and challenges of this special time. She has specialized in extensively accompanying women with an unfulfilled desire for children and shares her knowledge on her blog, on social media or in her own seminars.

Every year about 150 fertility centres in Germany accompany an uncounted number of couples on their way towards their own child. Yet, when the treatments fail, many of these couples feel left alone with their disappointment and their pain. Naturopath Ilka Sterebogen knows from her long years of caring for women in just this phase of life how hard it can be to find new hope.

Drawing from numerous women's personal stories, all in the most different situations in life, she empathetically and informatively shows how saying farewell to the desire to have children can still be done. Sensitive, she passes through the different stages of grief and provides impetuses as well as numerous tips from psychologists and gynecologists. Thus Ilka Sterebogen manages to show realistic ways of coming forth from grief towards a new and fulfilling life.

- Restoring courage, feeling understood – women between 30 and 60 report of themselves handling their life pain
- Sensitive advice for when the desire for children stays unfulfilled