'FOR EVERYONE GOING THROUGH INFERTILITY HELL...'

ANNE HATHAWAY AND NATALIE IMBRUGLIA OPEN UP ABOUT THEIR JOURNEYS TO MOTHERHOOD

Anne Hathaway has already urged women to feel empowered about their changing bodies in an uplifting speech on social media: 'There is no shame in gaining weight during pregnancy (or ever).' Now she has opened up the conversation about fertility issues after hinting at her own 'infertility and conception hell'.

The actress, who has a three-year-old son, Jonathan, announced she's expecting her second child with husband Adam Shulman in an Instagram post last week. And in just a few succinct words she managed to debunk the myth that celebrity mums-to-be fall pregnant at the drop of a baby's bonnet.

Alongside the black and white image of her proudly showing off her growing bump (left), the 36 year old wrote: 'It's not for a movie... #2. All kidding aside, for everyone going through infertility and conception hell, please know it was not a straight line to either of my pregnancies. Sending you extra love.'

Her honesty comes after fellow stars including Chrissy Teigen shared their own stories, debunking the false myth that celebrities are able to fall pregnant whenever they choose.

The UK's leading fertility expert Dr Larisa Corda told *OK!*: 'Celebrities such as Anne Hathaway being willing and courageous to share their struggles with conceiving is a really important step towards removing the stigma associated with infertility. It also allows men and women who are struggling to realise they're not alone and that the road to conception can often be a long and difficult struggle.'

Singer and former *Neighbours* star

Natalie Imbruglia also revealed her surprise pregnancy last week after she conceived via IVF and a sperm donor. But she made sure her announcement had equal footing with her exciting career news.

She kicked off her Instagram post celebrating her new record deal with BMG, before then referring to a selfie (right), joking: '(No I haven't swallowed a watermelon). I'm expecting my first child this Autumn.' Natalie, 44, added that motherhood was something she had wanted 'for a very long time' and went on to say: 'I'm blessed that this is possible with the help of IVF and a sperm donor – I won't be saying anything more on that publicly.'

She signed off with: 'I'm so excited about this next adventure… a new album and I'm going to be a mum!'

Her post was met with a warm response from other women including Dr Larisa Corda who told *OK!*: 'Natalie's announcement and decision to be a single mother will help empower many women.' She added: 'Women no longer have to settle for less than mediocre relationships in order to beat their biological clock. Instead, they're able to have both a career and a child if they desire through methods such as IVF, egg and sperm donation.'

The *Torn* singer, whose five-year marriage to musician Daniel Johns ended in 2008, had previously been linked to *Friends* actor David Schwimmer and more recently photographer Matt Field.

Back in 2015 she admitted: 'I would really love to be a mum,' adding: 'I am still hopeful that I will meet someone.' She also said she had considered 'looking into other options'.

Also looking forward to becoming first-time mums are *Coronation Street's* Brooke Vincent and *Countdown's* Rachel Riley, who were both spotted out and about last week looking happy and healthy ahead of becoming parents. Brooke, 27, is due to give birth to her first child with boyfriend Kean Bryan while Rachel, 33, is expecting with new husband Pasha Kovalev. **OK!**

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PHOTOGRAPHS BY EAMONN AND JAMES CLARKE, GETTY IMAGES,
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Above: Actress Anne gave hope to others when she announced her second pregnancy. *Right:* With husband Adam

Left: Natalie Imbruglia is pregnant through a sperm donor. *Far left: Corrie's* Brooke Vincent. *Bottom:* Pasha Kovalev and Rachel Riley