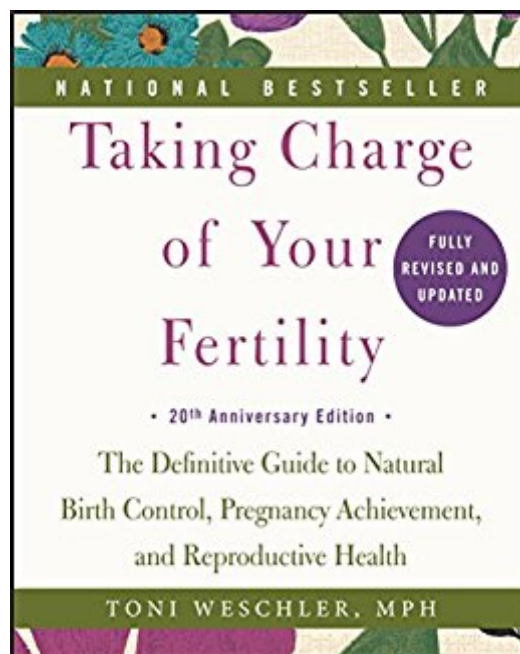




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Taking Charge Of Your Fertility: The Definitive Guide To Natural Birth Control, Pregnancy Achievement, And Reproductive Health



Synopsis

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycleâalong with updated information on the latest reproductive technologies. Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices. Maximize your chances of conception before you see a doctor or resort to invasive high-tech options. Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement. Gain control and a true understanding of your gynecological and sexual health. This new edition includes: A fully revised and intuitive charting system. A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause. An expanded sixteen-page color insert that reflects the bookâs most important concepts. Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of.

Book Information

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Customer Reviews

I absolutely love this book! I'm 28 years old and I wanted to find a more natural form of birth control. I was amazed at what I read! Every woman should know exactly how their bodies work and this book definitely opened my eyes. I only wish I knew this sooner, I never would have gotten on the pill. I have the revised 20th anniversary edition, and I am always referring to it when I have a question about my cycle. I also find that charting both bbt and cervical fluid works better than any ovulation app or period tracker. I have an app as well and it's not as exact as my chart. Taking my bbt everyday is no longer a hassle but just part of my daily routine. Since I am not TTC, I charted for several months before I felt comfortable relying on this method. It took some convincing to get my hubby on board! I definitely recommend reading from cover to cover, don't skip around or you will miss important details. This book has really given me a confidence in how my body works that I didn't have before. I don't have to question if I could possibly be pregnant or wonder where my period is, I can tell with my chart. I feel empowered going to my gyno because I know what's going on with me. It's also a very helpful tool for your gyno so they can better pinpoint if there is an issue with TTC or another reproductive problem. Saves time and tests!

Had borrowed an older copy from a friend. Got the newer edition for myself. Every woman can benefit, regardless if you're "trying" or "preventing"....

I purchased this book as a package, received the 10th Anniversary Edition just because I couldn't wait for this one to be sent out! I gifted the other one, and have pored over this book for MANY hours. I've had it for over 2 years now, and deem the information in it PRICELESS! We successfully avoided pregnancy for 1.5 years until we decided to start trying to get pregnant. We have a 10-month-old adorable child, and I have a happy, healthy body and reproductive system. THANKS TONI WESCHLER! You changed my life!!

Seriously, every woman should read this regardless of what you choose for birth control. My daughters will definitely be reading this as teens. As women, we are taught not to celebrate our

natural cycles and nobody talks about it which means we are not educated on what really happens in our own bodies. It's so good!

I was on HBC for years and I always suffered from PMS and acne. I came off the pill 3 months ago when I started reading this book. Since I started reading this book, I feel like I'm finally in control of my reproductive health. My PMS isn't nearly as bad as it was with HBC and my acne has cleared up. This really is the fertility bible!

This is the most complete book I ever read for women body's fertility. I am so happy I made this purchase. I am 25 years old and lived in the ignorance about my body until now. This is the best book I ever purchased. Thank you Toni.

This book is amazing! I think it is practical information every woman should have. Love the idea of understanding your body better and the natural birth control. It may be a bit more work but it's better than messing with hormones.

Clear and well written - I borrowed this from the library first and then decided I needed to own my own copy to allow highlighting and marking. It will be a great reference for me in the future! highly recommend this book if you want to learn more about this method or your body in general.

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