

N A T I O N A L   B E S T S E L L E R

# Taking Charge of Your Fertility

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The Definitive Guide to  
Natural Birth Control,  
Pregnancy Achievement,  
and Reproductive Health

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R E V I S E D   E D I T I O N

# Resumo de Taking Charge of Your Fertility Revised Edition: The Definitive Guide to Natural Birth Control and Pregnancy Achievement

THE GROUNDBREAKING BESTSELLER NOW UPDATED AND REVISED Are you unhappy with your current method of birth control? Or are you demoralized by your quest to have a baby? Do you also experience confusing signs and symptoms at various times in your cycle, but are frustrated by a lack of simple explanations? This invaluable resource will help you find the answer to your questions while giving you amazing insights into your own body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, or simply gain better control of their health and lives.

This book thoroughly explains the empowering Fertility Awareness Method, 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 expedite your fertility treatment by quickly identifying impediments to pregnancy achievement increase the likelihood of choosing the gender of your baby gain control of your sexual and gynecological health This expanded new edition includes: a revolutionary new, fully intuitive charting system numerous new master charts, including separate ones for birth control, pregnancy achievement, and menopause the latest on fertility conditions and high-tech treatments comprehensive tables that clearly summarize fertility-related drugs and procedures

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