



NATIONAL BESTSELLER

# Taking Charge of Your Fertility

FULLY  
REVISED AND  
UPDATED

• 20<sup>th</sup> Anniversary Edition •

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

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# Resumo de Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health

This illustrated guide to the powerful Fertility Awareness Method--the exciting natural alternative to present methods of birth control--teaches women to take greater control of their own menstrual and sexual health care and, in the process, reap benefits well beyond their fertility.

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