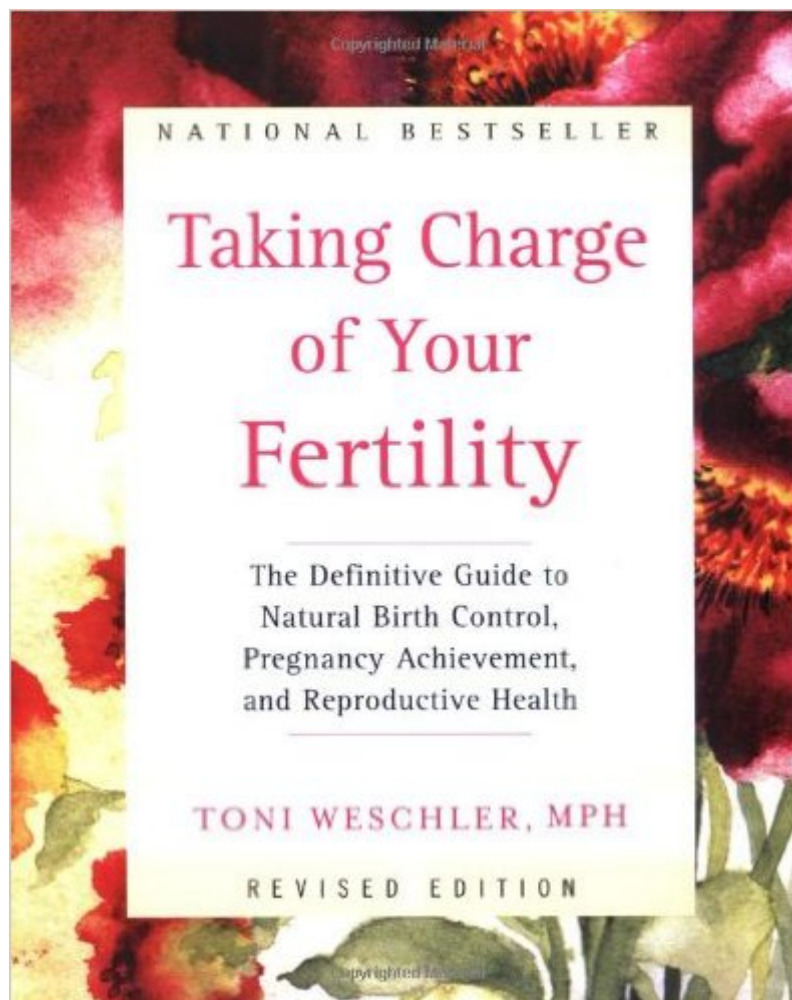


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# Taking Charge Of Your Fertility: The Definitive Guide To Natural Birth Control, Pregnancy Achievement, And Reproductive Health (Revised Edition)





## Synopsis

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

## Book Information

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## Customer Reviews

I honestly thought that just being a woman ~ I knew all I needed to know to get pregnant. I am 35

now and ready to have a baby, so I stopped taking the pill and waited 2 cycles and thought all I had to do was plan our night of fun close to Ovulation "Day 14". Was I ever wrong!! After trying unsuccessfully on my own for 5 months, I started to question my fertility. I purchased ovulation test strips and they wouldn't show a peak ovulation. I found others online who were trying to conceive and recommended this book. Once I received the book, I couldn't put it down! I was amazed at what little information I actually knew about my cycle ~ my own body and what it had been telling me all along. I just didn't understand it. I learned not everyone ovulates on "Day 14", for me it is actually "Day 23". I assumed I wasn't ovulating and got frustrated at day 20-21 and would stop testing. I now know to look for signals to show when I'm ovulating and now test in the correct window. By reading this book I now have a clear understanding of my cycle. At my age, I want to have a baby sooner than later, so I plan on taking a more aggressive approach to my fertilization. I talked with my doctor after 6 months, rather than 1 year. With the help of this book and charting, I was able to explain my cycle and show my doctor all my charts. I was able to provide all the information needed to show I have a short luteal phase. By providing this information to the doctor, we will be able to treat the ovulation problem that much quicker. My doctor commented that I was extremely organized and it really helped things along. This book is very easy to read and understand. You will be able to clearly read your own body signals during your cycle, and have a better understanding of your fertilization ~ whether you want to become pregnant - or not. I will share this book with other women and would recommend it for every woman!

After 7 years of trying and over \$35,000.00 out of pocket expenses to fertility doctors, my wife and I pretty much resigned to the fact we couldn't make our own genetic children. We then started the adoption from China process. We paid all that money and are still waiting for our adoption referral date. While we were waiting for the adoption to go through, I came across this book on . I figured, what the hell, it's worth a try. I bought the book and read it in three days! I found a couple of excel charts online, and then altered them for our use. I highlighted the most important parts of the book for my wife to read. She said several times, "I never even heard of this stuff!" Even our long time family doctor didn't know most of this info. We were pregnant after the third month! Yes, after trying for SEVEN years!!! Our beautiful baby boy is now seven months old and the joy of our lives. GET THIS BOOK! There is HUGE money in keeping us ignorant on fertility. Good luck! A happy and proud Dad and Husband!

I bought this book after 4 unsuccessful months of trying, which was after 3 months of waiting after

having 2 miscarriages. Since I'd gotten pregnant right away with my first child, I figured there might be something I needed to learn and I couldn't have been more right. This book is an absolute must for anyone, whether you're trying to get pregnant or not. I learned more about my body in the day and a half it took me to read the book than I ever did in any of the sex ed classes in school. After 4 months of what we thought was perfect timing and no success, we thought there might be a problem. I bought the book to learn about detecting ovulation and potential fertility problems. I got pregnant the first cycle I charted because of the knowledge I gained about ovulation and its signals. I learned through charting that I ovulated on Day 21 rather than Day 14. I was also able to determine I was pregnant without even taking a test! I'm so thrilled about the knowledge I've gained by reading this book and I feel much more in tune with my body now that I am pregnant. I urge any woman to get this book if you are at all interested in your body, pregnancy achievement, or pregnancy avoidance. This book is very well written in plain English that is easy to understand. The illustrations, color photographs, and numerous charting patterns were especially helpful to me. I can't say enough about this book!

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