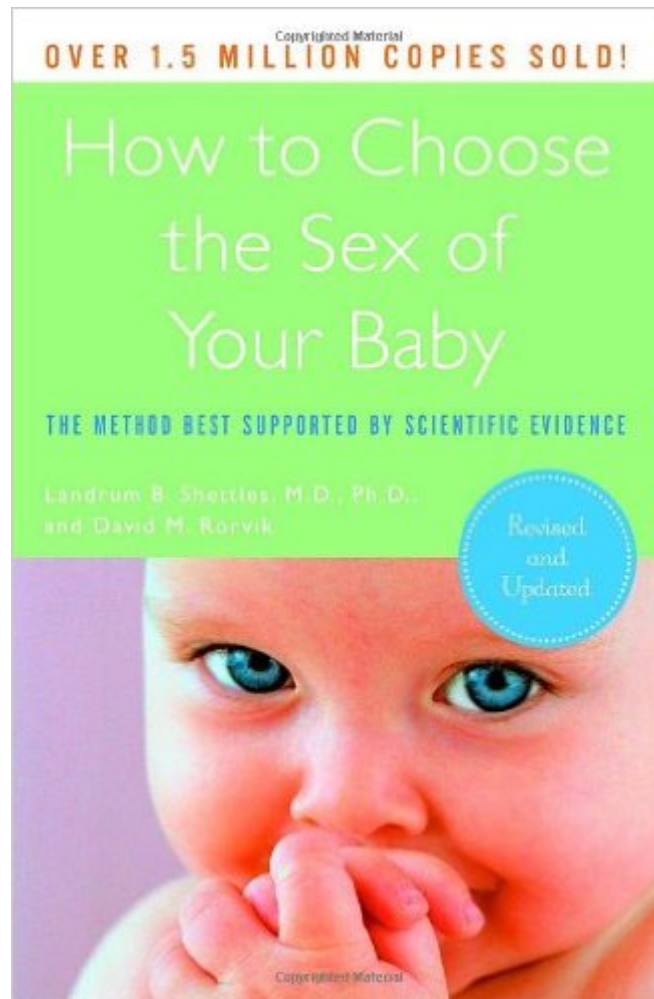


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# How To Choose The Sex Of Your Baby: Fully Revised And Updated



## Synopsis

For almost forty years, *How to Choose the Sex of Your Baby* has been the standard reference for couples trying to increase their chances of having the son or daughter they hope for. In this new edition of their classic book, Dr. Shettles and David Rorvik provide authoritative scientific studies and compelling anecdotal evidence demonstrating that the Shettles method continues to produce results unmatched by any other method. Dozens of testimonials confirm its ease of use and rate of success. *How to Choose the Sex of Your Baby* explains the simple, at-home, noninvasive Shettles method and presents detailed steps to take to conceive a child of a specific gender. The properly applied Shettles method gives couples a 75 percent or better chance of having a child of the desired sex. Some researchers have reported success rates of up to 90 percent!

## Book Information

Paperback: 256 pages

Publisher: Harmony; Rev Upd edition (October 10, 2006)

Language: English

ISBN-10: 0767926102

ISBN-13: 978-0767926102

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (233 customer reviews)

Best Sellers Rank: #13,256 in Books (See Top 100 in Books) #40 in Â Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #339 in Â Books > Parenting & Relationships > Parenting

## Customer Reviews

This particular sex selection method has worked for us three times. I was monitoring very carefully for ovulation each time. That is the key. We read the whole book before trying to concieve the first time. We both work in the medical field and the suggestions by Dr. Shettles made sense to us from a physiological perspective. We tried for a boy first just to see if it worked. Not only was I pregnant the first month, it was a boy. So we tried for a girl next. Same thing. Our third time we tried for a boy and got pregnant the first month with a boy. We want one more child and are hoping for a girl. We'll see. The bottom line with any sex selection method is that it has to make sense to you and you have to be willing to follow it closely, but most importantly be thankful when you have a child regardless of the gender. Any "natural" sex selection method only works about 80% of the time even

when closely followed.

First, I have not read this book nor have I tried this book, but I have read all the reviews, so I'm providing everyone with what I have learned from reading all of them. At this time there are 88 reviews. They break out as follows: \*40 reviews, or 45% of the reviews say YES, IT WORKED FOR THEM \*32 reviews, or 36% of the reviews were positive, but hadn't yet actually tried the method \*9 reviews, or 10% of the reviews were negative, but didn't specifically say that they had tried it and had it not work \*7 reviews, or 7% of the reviews had tried the methods and ended up with the opposite of the gender that they wanted Hope everyone else found this as interesting as I did. Also worth noting, I didn't include people who said "they knew someone who it worked for", only people who said it worked firsthand for them (and there were quite a few people who knew others it worked for).

This book was very easy to read and understand. We have two boys and my husband has primarily boys on his side. We desperately wanted a girl so we used the Shettles method with some dietary adjustments from the Gender Diet and just found out we are having a girl!!! Everyone told us that it wouldn't make a difference and that you couldn't select the sex of your baby yet here we are! A family of boys with a history of boys with the first girl on the way in 2 generations!! So excited :)

We were trying for a girl. I read the book multiple times and did everything according to the Shettles plan. We had our ultrasound yesterday and sure enough...it's a girl!

I ordered this book from a recommendation from someone else. She had two girls (as did I) and wanted to try for a boy. Her last two children were boys. I read the book knowing that if we had 3 girls I would love each one of them with all of my heart, but I really wanted to see if we could try and tip the scale a little. My little guy is now 19 months old. Is it because of this book? Who knows. But I have to say that it definitely didn't hurt. ;)

Understand that this book does not guarantee results. Nowhere do the authors claim that their technique does anything more than tilt the odds in your favor. When I ordered this book I had no idea of its contents. I had some Fuzzy memory of hearing about manipulating semen outside your bodies and one sex swimming to the top and you skim that off and something with a turkey baster... I thought maybe that was what this book would tell me. I wouldn't have liked that at all. Thankfully it is

nothing like that. It is mainly about timing, nothing really artificial or unnatural or awkward. My wife is a bit scatterbrained, so I felt the mucus observation which the book recommends was beyond her abilities to do consistently. Any temperature charting probably more so. So we relied entirely on ovulation test strips, which apparently have come down in price since the book was written. But then those did not give really clear-cut results for my wife either. Finally we just made our best guess about the timing, and followed the book's other tips as best as we could. After about 4 months of trying, we got a bite... and the newfangled blood test they have now says it is the boy that we'd hoped for! I am 50 years old and the youngest son of an only son and my brothers never married or had children and one of my sisters too, and my other sister had 4 girls, and my wife is 39 and our first child a girl so this was pretty much the last gasp for my family to have any male descendants. I can't say 100% it was the book, but I certainly feel satisfied.

I read this book 18 years ago in hopes of having a boy, after we had a girl. Had a boy! Unbelievable! So interesting. I learned so much about how a baby is a baby when the sperm hits the egg, and how everything about the child is decided at that same moment. Giving this book as a gift!

This method worked for our son. Not to mention it helps you learn about your cycles and when you ovulate which can be extremely helpful with fertility issues. This book is loaded with information. Easy read. We buy it for all of our friends looking for boy/girl interests.

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