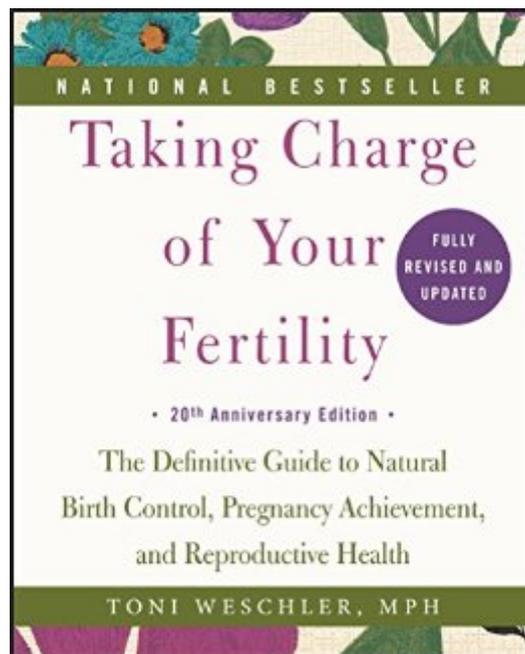


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# Taking Charge Of Your Fertility: The Definitive Guide To Natural Birth Control, Pregnancy Achievement, And Reproductive Health



## Synopsis

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—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 book'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 own and have read both the 10th anniversary edition and this one. I am very disappointed in the author of this edition because, rather than expanding the information on how prescription drugs affect a woman's cycle, fertility, and period, she completely left it out and ignored it like it doesn't even exist. As a woman who used to take a medication that wrecked my charts and caused vertical zig-zag patterns not even mentioned in the book, I have to say that it seems like Toni is trying to avoid getting in trouble with Pharma. So many women these days seem to use one form or another of medication, and almost all of them interfere with your cycle in some way, so this is pretty big info that she left out. I would have liked to see her expand on it. Sorry Toni, but if you are truly interested in helping a woman take charge of her cycle, you should have left in your drug table that correlates which drug causes which cycle problem. In fact, you should have expanded the table and devoted a whole chapter to it. I would have liked to have seen some example charts of woman who take various common Rx drugs and what their temps did. This would have saved me 6 months of despair, worry, and anger from not knowing what was going on. Ladies who are on a Rx drug, order the older book, at least the author briefly addresses how the Rx will affect your cycle.

I learned so much from reading this book! The previous edition was referred to in my circles as "the magic book" because it helped so many people conceive. The new edition covers significantly more material than the previous one, and I believe the title of this book is too limiting for all the info inside. THIS BOOK IS ABOUT SO MUCH MORE THAN FERTILITY! It's an important, practical reference about women's bodies that should be required reading for all women. This book helps readers understand women's cycle and changes that happen to women throughout each month, and over the years. It has helped me feel 'normal' and understand that 'normal' is a range of body types and timeframes. There are also sections about sex and even the elusive g-spot. I can not recommend this book enough, whether you are seeking fertility help or not.

Every woman should read this book at some point in their life. Why they don't teach this in high school or why more doctors don't advocate this is beyond me. Worth every penny.

Such an informative book and a great read!! The first day I got this, I read through the first 100 (1/5 of the book) with no issue. Very helpful for the Fertility Awareness Method. The author is clearly very dedicated to the subject.

Great book that explains everything you need to know about anything relating to the NFP method. I own this in digital and print and I will say that it is much worse in digital though. I can not use that version.

If you are going to purchase the book, buy an older version. There does not seem to be any new information in the new version, and it cost a lot more. The book is empowering, but the information can be found on the internet.

This book changed my Life!!! When I came to the realization that, even though I have an IUD (paragaurd), I still have a slight chance of getting pregnant, just like any other type of birth control, I started looking around for how I can prevent it and came across this FAM meathod so looked up the book and bought it that same day. I still have my Paragaurd but we use this method as a backup or "double the protection" on my most fertile days. Highly recommend this book to every woman!!!

What a wealth of information! I'm barely one month into charting and I feel as if a whole world of understanding and self-awareness has opened up to me. For decades I have noticed vague patterns with mood, appetite, energy, libido, fatigue, mental fog, and now I can definitively link them all to my fertility cycle. Not to mention, I can confidently know when I am fertile and infertile. This book clearly outlines how to use you own body's clues to understand your fertility. No more stress over whether I might be at risk for an unwanted pregnancy!

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