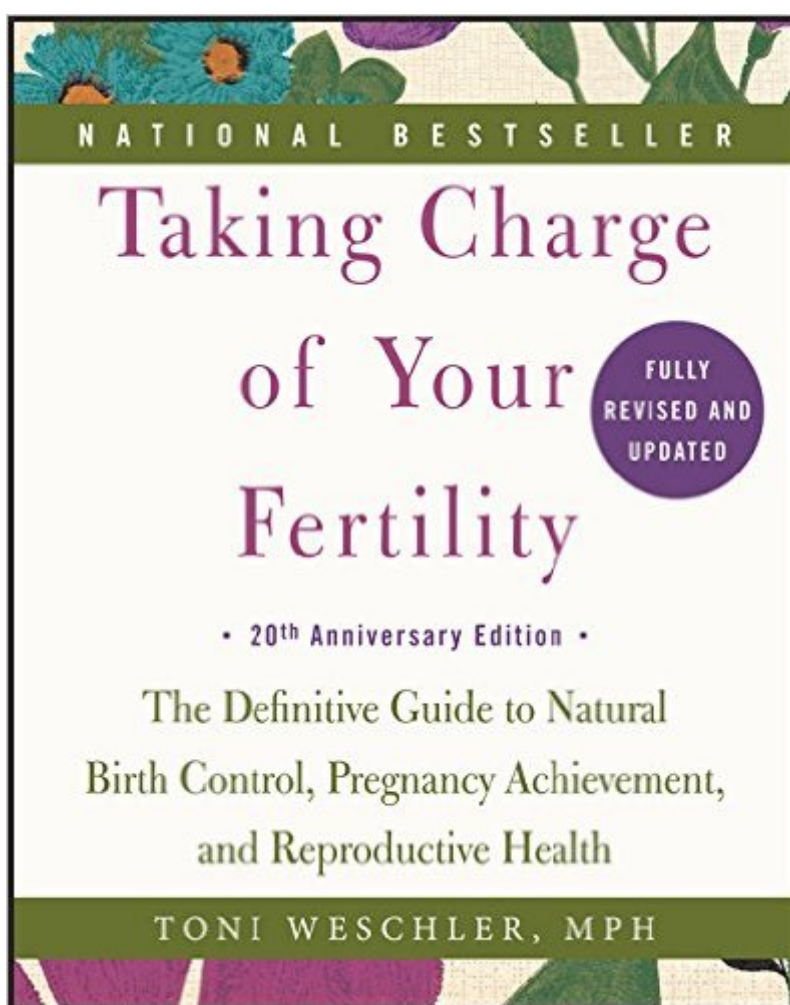


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Taking Charge Of Your Fertility, 20th Anniversary Edition: The Definitive Guide To Natural Birth Control, Pregnancy Achievement, And Reproductive Health



Synopsis

In celebration of its 20th anniversary, a thoroughly revised and expanded edition of the leading book on fertility and women's reproductive health. Since the publication of *Taking Charge of Your Fertility* two decades ago, Toni Weschler has taught a whole new generation of women how to become pregnant, avoid pregnancy naturally and gain better control of their gynecological and sexual health by taking just a couple minutes a day using the proven Fertility Awareness Method. Now, this 20th Anniversary Edition has been thoroughly revised and fully updated with: the latest medical advances in assisted reproductive technologies (ART) more in-depth coverage of women's gynecological and sexual health new illustrations, photographs, and an expanded color insert new sample charts an expanded appendix Six new chapters including: "Three Prevalent Conditions" Endometriosis, Ovarian Cysts and PCOS Natural Ways to Balance Your Hormones Preserving Your Future Fertility Miscarriages Idiopathic Infertility Causes of Unusual Bleeding Clear and comprehensive, yet warm and approachable, *Taking Charge of Your Fertility* is one of the most universally lauded health books on the market today. It is an essential reference for every woman of reproductive age.

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.

This book is AMAZING! Every friend I've ever had read it, has gotten pregnant within a short time of learning and following its practices. And I was able to avoid pregnancy using its methods during my child bearing years as well. It's a great book. A wealth of information!

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!!!

I am glad I bought this book. It's very informative regarding women's bodies, how they work, and how to prevent and/or achieve pregnancy by simply being educated about your body. I've gotten my hands on a few books out there on these subjects, but this one so far is the most thorough, straight forward, and easy to understand. It left me wondering why I wasn't taught this in middle school health class!! This is precious information that EVERY woman should know. It not only helps with knowing your fertility, but also if you may have a medical problem. It helps to know what your body is supposed to be doing and know your own body so that you are in tune with anything that may be out of the usual. I recommend you buy this book for yourself and any woman that you are close to.

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