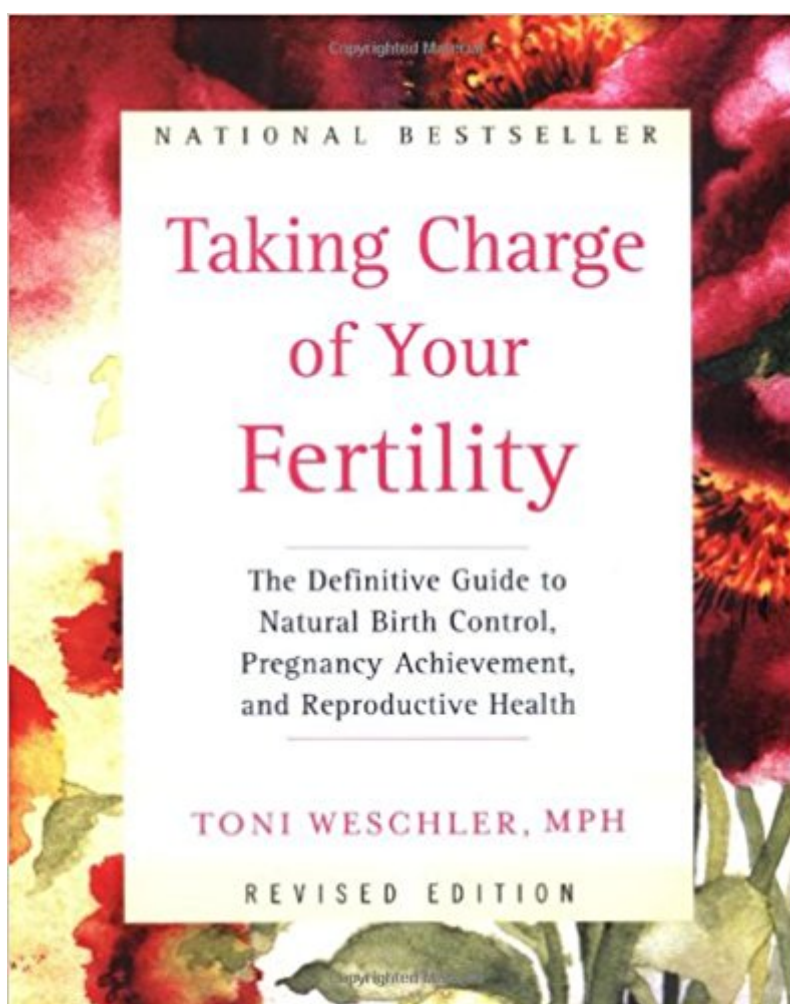


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Taking Charge Of Your Fertility: The Definitive Guide To Natural Birth Control, Pregnancy Achievement, And Reproductive Health (Revised Edition)





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

Paperback: 496 pages

Publisher: Collins; Revised edition (November 1, 2001)

Language: English

ISBN-10: 0060937645

ISBN-13: 978-0060937645

Product Dimensions: 7.4 x 1.3 x 9.2 inches

Shipping Weight: 1.9 pounds

Average Customer Review: 4.8 out of 5 stars 2,248 customer reviews

Best Sellers Rank: #163,323 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #44 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #257 in Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

âœ“This beautifully written guide to a woman's fertility signs is packed with knowledge, wisdom

and humorâ "a must for the bookshelf.â • (Co-authors of The New Our Bodies, Ourselves)â œTaking Charge of Your Fertility has become the Our Bodies, Ourselves for our time. Alternately silly, whimsical, and exhaustingly specific, the book was published fifteen years ago and is ranked higher by customers on than all other books except the third and fourth Harry Potters.â • (New York magazine)â œTaking Charge of Your Fertility is a fantastic book, loaded with practical and beautifully presented information that will transform and empower every womanâ™s relationship with her fertility. I recommend it to women of all ages.â • (Christiane Northrup, M.D., Author of Womenâ™s Bodies, Womenâ™s Wisdom and The Wisdom of Menopause)

Toni Weschler, MPH, is a nationally respected women's health educator and speaker and the author of the best-selling book Taking Charge of Your Fertility. A frequent guest on television, Internet, and radio shows, she lives in Seattle, Washington.

I was a waitress at the time and a customer had recommended I read this book because we were trying to get pregnant. She stated she was able to get pregnant from the information and tips so I thought I'd give it a try! I bought the book, started reading it, and lo and behold, I became pregnant, but I miscarried. Fast forward 5 years, dusty cover and all, I cracked this bad boy open looking for information to get rolling again. I learned of some helpful techniques and how to track my temperature. I started tracking it and graphing it on the app Baby Bump for about 6 months before I was becoming desperate to get pregnant. I read on blogs that some ladies had success with drinking Fertilitea. I bought it (off of), starting drinking it in January of 2014 and by the end of March I was pregnant. I delivered a beautiful baby girl in December of 2014. Without knowing how to properly track my temps and coinciding it with the tea, I don't believe j would have gotten pregnant. I believe I would have just been even more frustrated! Since then, I have passed the book on to a good friend who is now trying to have her first child. She comes to me excited weekly of something new she has learned and is excited about the process again instead of sad and frustrated. I highly recommend the book!

so far I only peeked through the book and read only a few chapters. It seems well written, everything is nicely explained. The book is much thicker than I thought and does not mention some things I was interested in reading about. But overall it looks like a good book so far.

This book should be handed out in all high school health classes. I am well educated, and work in

the medical field, and was completely enlightened about things with my own body that I had no idea I was missing. I only wish I had found this book sooner. After reading this book we were finally able to conceive our son after 9 long months of trying. Since then, I have been able to use what I learned in this book to make sure I DON'T conceive naturally as well.

I was brand new to ttc and didn't know anything about the subject. This book was a fantastic starting point for those new to charting. It gives multiple examples of scenarios since no one's body works exactly the same which made me feel more confident in my own body as well as in charting. I highly recommend to anyone wanting to start charting/ttc/tta/ttw.

This has been an informative and educational book about FAM. It explains what's happening in a woman's body, how to track and read it, and what are some misconceptions based on typical cycles or rhythm methods. Definitely worth the read.

I have learned SO much from this book. I've been charting my cycles for 3 months and every time I have a question or something confuses me, I look it up in TCOYF and it's made much clearer. The book is written in a very accessible style. It's very empowering to learn things about my body that I never knew. It also gives me peace of mind knowing what phase I'm experiencing at any given time, instead of that usual feeling of, "Who KNOWS what's going on in there?" I am not necessarily a "natural health nut" type of person in other facets of my life, but this book is very scientific (instead of just emotional/anecdotal) which appeals to me. Anyone can learn more about their body by reading this book, and knowledge is power!

Ladies, GET THIS BOOK. Gentlemen, READ YOUR LADY'S BOOK! Fascinating, helpful, interesting, powerful information for EVERYONE to know. 50% of the population personally experiences what is explained in this book, and the other 50% has to deal with those experiences. :) It's all normal human body stuff. It's not "gross" and doesn't have to be mysterious. I asked my husband to read some chapters, so he feels more comfortable and understands better what's happening with my monthly cycle. I am learning so much. Ladies, your bodies are amazing! (P.S. Download the Kindara App, while you're at it!)

Amazing book, it really changes your perspective on a women's reproductive health, and personally it's given me an option of birth control other than the very common pill that every doctor i've ever

talked to advise. And although there's nothing wrong with contraceptives that alters a women's hormones, and body, this books gives you a good idea of what really happens so you can choose what's right for you. I personally have avoided the pill, iud, and many hormone altering contraceptives altogether by using the FAM method, and condoms to double up. And although FAM is tedious, i'm very happy that i've found it. Even if a women has no intention of following FAM, or trying to conceive, this is a good book altogether for any, and every women who is interested about their body and how it all works. Amazing and very informative book! Its actually quite exciting to read this! :)

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