



Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition)

Toni Weschler

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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:

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This expanded new edition includes:

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