



# Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health

*By Toni Weschler*

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## **Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health** By Toni Weschler

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:

- New 'Preface to the 10th Anniversary Edition'
- Updates on new fertility technologies
- Natural approaches to conception
- Updated Resources and Books

For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to:

- Enjoy highly effective, scientifically proven birth control without chemicals or devices
- Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception
- Increase the likelihood of choosing the gender of her baby
- Gain control of her sexual and gynecological health

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### **Editorial Review**

#### About the Author

Toni Weschler, MPH, has a master's degree in public health and is a nationally respected women's health educator and speaker. She is also the author of *Cycle Savvy*, a book for teenage girls about their bodies. A frequent guest on television and radio shows, she lives in Seattle, Washington.

### **Users Review**

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##### **Johnny Mosier:**

The experience that you get from Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health will be the more deep you searching the information that hide into the words the more you get interested in reading it. It doesn't mean that this book is hard to know but Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health giving you thrill feeling of reading. The article author conveys their point in certain way that can be understood by means of anyone who read this because the author of this e-book is well-known enough. This particular book also makes your own vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We advise you for having this kind of Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health instantly.

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##### **James Donofrio:**

In this era globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and

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#### **Ann Yoho:**

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