



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

By Toni Weschler

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

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:

comprehensive tables that clearly summarize fertility-related drugs and procedures

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Editorial Review About the Author

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.

**Users Review From reader reviews:**

Arthur Bennett: Reading can be called head hangout, why? Because when you find yourself reading a book mainly book entitled *Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition)* the mind will drift away through every dimension, wandering in most aspect that maybe unidentified for but surely can be your mind friends. Imaging each word written in a reserve then become one form conclusion and explanation that will maybe you never get just before. The *Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition)* giving you an additional experience more than blown away your head but also giving you useful info for your better life in this era. So now let us present to you the relaxing pattern this is your body and mind will probably be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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