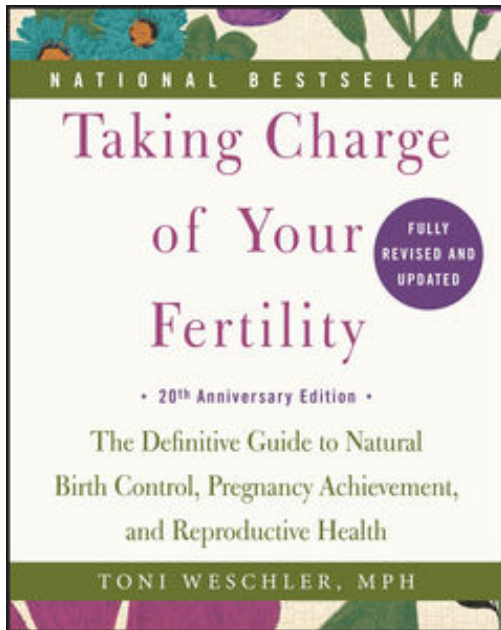


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Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), 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 resort to invasive high-tech options
Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement
Gain control and a true understanding of your gynecological and sexual health

This new edition includes: A fully revised and intuitive charting system
A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause
An expanded sixteen-page color insert that reflects the book's most important concepts
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