



## Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health

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### Product Description

In celebration of its 20th anniversary, a thoroughly revised and expanded edition of the leading book on fertility and women's reproductive health. Since the publication of Taking Charge of your Fertility two decades ago, Toni Weschler has taught a whole new generation of women how to become pregnant, avoid pregnancy naturally and gain better control of their gynecological and sexual health by taking just a couple minutes a day using the proven Fertility Awareness Method. Now, this 20th Anniversary Edition has been thoroughly revised and fully updated with: the latest medical advances in assisted reproductive technologies (ART) more in-depth coverage of women's gynecological and sexual health new illustrations, photographs, and an expanded color insert new sample charts an expanded appendix Six new chapters including: Three Prevalent Conditions--Endometriosis, Ovarian Cysts and PCOS Natural Ways to Balance Your Hormones Preserving Your Future Fertility Miscarriages Idiopathic Infertility Causes of Unusual Bleeding Clear and comprehensive, yet warm and approachable, Taking Charge of Your Fertility is one of the most universally lauded health books on the market today. It is an essential reference for every woman of reproductive age.