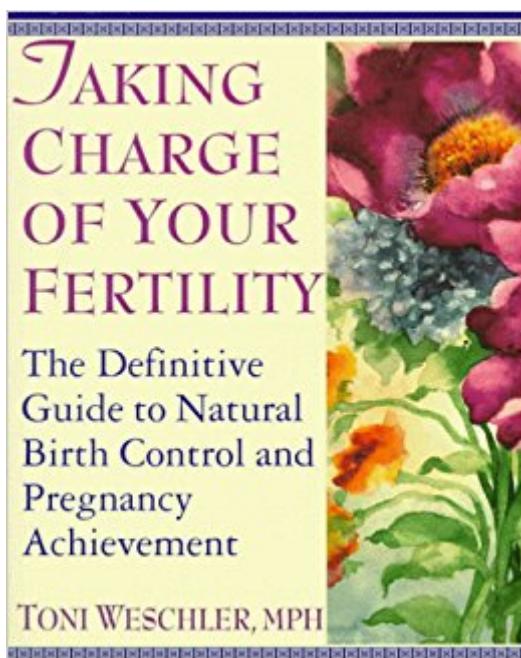


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# Taking Charge Of Your Fertility: The Definitive Guide To Natural Birth Control And Pregnancy Achievement



## **Synopsis**

An invaluable aid to couples facing infertility, this is the first book to fully detail the techniques of the groundbreaking Fertility Awareness Method--the exciting natural alternative to present methods of birth control.

## **Book Information**

Paperback: 400 pages

Publisher: Perennial; 1st edition (July 1995)

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Average Customer Review: 4.8 out of 5 stars 2,248 customer reviews

Best Sellers Rank: #45,200 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #103 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #137 in Books > Health, Fitness & Dieting > Women's Health > General

## **Customer Reviews**

This comprehensive book explains in lucid, assured terms how to practice the fertility awareness method (FAM), a natural, scientifically proven but little-known form of birth control (which is not to be confused with the woefully ineffective "rhythm" method). Author Toni Weschler has been teaching fertility awareness for almost 20 years, and it's only just now gaining in popularity. As the book explains, by using simple fertility signs including peaks in morning body temperature and changes in cervical position and cervical mucus, it's possible to determine when ovulation is taking place.

Fertility awareness is therefore useful for not only couples who are trying to conceive, but for those who are aiming to avoid pregnancy without the use of chemical contraceptives. It will be of special interest to those women who have suffered from infertility; many FAM practitioners have told the author that by filling in the detailed charts in the book, they've realized that they were chronically miscarrying, even when their doctors told them they weren't conceiving at all. As the book explains, by charting body temperature, it's simple to tell when pregnancy has occurred--and when there's danger of miscarriage. Taking Charge of Your Fertility also explains how to choose the sex of your baby by timing intercourse according to certain fertility signs. It also features thorough,

easy-to-understand explanations of hormones, the menstrual cycle, and menopause, along with fertility tests and treatments and their long- and short-term side effects, plus a topnotch resource section. Recommended for any woman who wants to better understand her body. --Erica Jorgensen

This beautifully written guide to a woman's fertility signs....packed with knowledge, wisdom, humor &#x96;a must for the bookshelf. -- &#x96;Co-authors of The New Our Bodies, Ourselves

I was a waitress at the time and a customer had recommended I read this book because we were trying to get pregnant. She stated she was able to get pregnant from the information and tips so I thought I'd give it a try! I bought the book, started reading it, and lo and behold, I became pregnant, but I miscarried. Fast forward 5 years, dusty cover and all, I cracked this bad boy open looking for information to get rolling again. I learned of some helpful techniques and how to track my temperature. I started tracking it and graphing it on the app Baby Bump for about 6 months before I was becoming desperate to get pregnant. I read on blogs that some ladies had success with drinking Fertilitea. I bought it (off of ), starting drinking it in January of 2014 and by the end of March I was pregnant. I delivered a beautiful baby girl in December of 2014. Without knowing how to properly track my temps and coinciding it with the tea, I don't believe j would have gotten pregnant. I believe I would have just been even more frustrated! Since then, I have passed the book on to a good friend who is now trying to have her first child. She comes to me excited weekly of something new she has learned and is excited about the process again instead of sad and frustrated. I highly recommend the book!

so far I only peeked through the book and read only a few chapters. It seems well written, everything is nicely explained. The book is much thicker than I thought and does not mention some things I was interested in reading about. But overall it looks like a good book so far.

This book should be handed out in all high school health classes. I am well educated, and work in the medical field, and was completely enlightened about things with my own body that I had no idea I was missing. I only wish I had found this book sooner. After reading this book we were finally able to conceive our son after 9 long months of trying. Since then, I have been able to use what I learned in this book to make sure I DON'T conceive naturally as well.

I was brand new to ttc and didn't know anything about the subject. This book was a fantastic starting

point for those knew to charting. It gives multiple examples of scenarios since no one's body works exactly the same which made me feel more confident in my own body as well as in charting. I highly recommend to anyone wanting to start charting/ttc/tta/ttw.

This has been an informative and educational book about FAM. It explains what's happening in a woman's body, how to track and read it, and what are some misconceptions based on typical cycles or rhythm methods. Definitely worth the read.

I have learned SO much from this book. I've been charting my cycles for 3 months and every time I have a question or something confuses me, I look it up in TCOYF and it's made much clearer. The book is written in a very accessible style. It's very empowering to learn things about my body that I never knew. It also gives me peace of mind knowing what phase I'm experiencing at any given time, instead of that usual feeling of, "Who KNOWS what's going on in there?" I am not necessarily a "natural health nut" type of person in other facets of my life, but this book is very scientific (instead of just emotional/anecdotal) which appeals to me. Anyone can learn more about their body by reading this book, and knowledge is power!

Ladies, GET THIS BOOK. Gentlemen, READ YOUR LADY'S BOOK! Fascinating, helpful, interesting, powerful information for EVERYONE to know. 50% of the population personally experiences what is explained in this book, and the other 50% has to deal with those experiences. :) It's all normal human body stuff. It's not "gross" and doesn't have to be mysterious. I asked my husband to read some chapters, so he feels more comfortable and understands better what's happening with my monthly cycle. I am learning so much. Ladies, your bodies are amazing! (P.S. Download the Kindara App, while you're at it!)

Amazing book, it really changes your perspective on a women's reproductive health, and personally it's given me an option of birth control other than the very common pill that every doctor i've ever talked to advise. And although there's nothing wrong with contraceptives that alters a women's hormones, and body, this books gives you a good idea of what really happens so you can choose what's right for you. I personally have avoided the pill, iud, and many hormone altering contraceptives altogether by using the FAM method, and condoms to double up. And although FAM is tedious, i'm very happy that i've found it. Even if a women has no intention of following FAM, or trying to conceive, this is a good book altogether for any, and every women who is interested about

their body and how it all works. Amazing and very informative book! Its actually quite exciting to read this! :)

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