



Charting Your Way To Conception

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Charting Your Way to Conception will teach you how to identify your fertility signs, find out when you are fertile, see if and when you ovulate, and how to use your fertility signs to maximize your chances of conception.

It clearly explains the basics of fertility charting to achieve pregnancy, the relationship between your hormones and your fertility signs, how to observe and record primary and secondary fertility signs and how to interpret your fertility chart.

The current version has been expanded to include more frequently asked questions about fertility charting for conception and includes over 80 “real life” chart illustrations.

From members of FertilityFriend.com:

“I learned by charting that even though my cycles were very unpredictable, I could pinpoint when I was about to ovulate. It also showed that my luteal phase was too short which the doctor corrected...”

“I had no idea I wasn't ovulating and when I started seeing that my temps weren't following a pattern, I broached the subject with my gynecologist, who then did an ultrasound and found that I had PCOS. If it weren't for charting it would have taken me a long time to realize there was a serious problem.”

“Knowing when I ovulate has been eye-opening for me. I feel much more in control of the trying to conceive process with this information.”

“I love charting! I feel like I am actually doing something to help us get pregnant when so much of it is out of my control. I have learned so much about how my body works and what is going on with me from charting.”

“WOW, this experience charting my fertility signs has helped me in so many ways. Not only am I more aware of what my body is telling me, but I have a sense of control over an uncertain time...”

“Charting taught me a tremendous amount about me and my body and how it works. It gave me hope when I needed it and it helped me communicate in a much more detailed way with my doctor.”

“I love knowing what my body is doing and why, and it made me much more confident and knowledgeable when talking with my OB.”

“Charting gave me such an insight into my cycle - before I was just flying blind. Without charting I don't think that I would be 6 months pregnant now.”

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From reader reviews:

Fred Scott:

Here thing why that Charting Your Way To Conception are different and reliable to be yours. First of all reading a book is good but it really depends in the content of it which is the content is as scrumptious as food or not. Charting Your Way To Conception giving you information deeper since different ways, you can find any publication out there but there is no book that similar with Charting Your Way To Conception. It gives you thrill looking at journey, its open up your current eyes about the thing which happened in the world which is probably can be happened around you. You can easily bring everywhere like in park your car, café, or even in your way home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of Charting Your Way To Conception in e-book can be your substitute.

Angela Souther:

Reading a guide can be one of a lot of exercise that everyone in the world likes. Do you like reading book and so. There are a lot of reasons why people like it. First reading a book will give you a lot of new details. When you read a guide you will get new information mainly because book is one of numerous ways to share the information or maybe their idea. Second, reading a book will make a person more imaginative. When you examining a book especially fictional book the author will bring you to imagine the story how the figures do it anything. Third, it is possible to share your knowledge to others. When you read this Charting Your Way To Conception, it is possible to tells your family, friends along with soon about yours reserve. Your knowledge can inspire different ones, make them reading a reserve.

Joshua Hsu:

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Jo Jordan:

The book Charting Your Way To Conception has a lot associated with on it. So when you make sure to read this book you can get a lot of benefit. The book was published by the very famous author. The writer makes some research previous to write this book. This kind of book very easy to read you can find the point easily after reading this book.

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