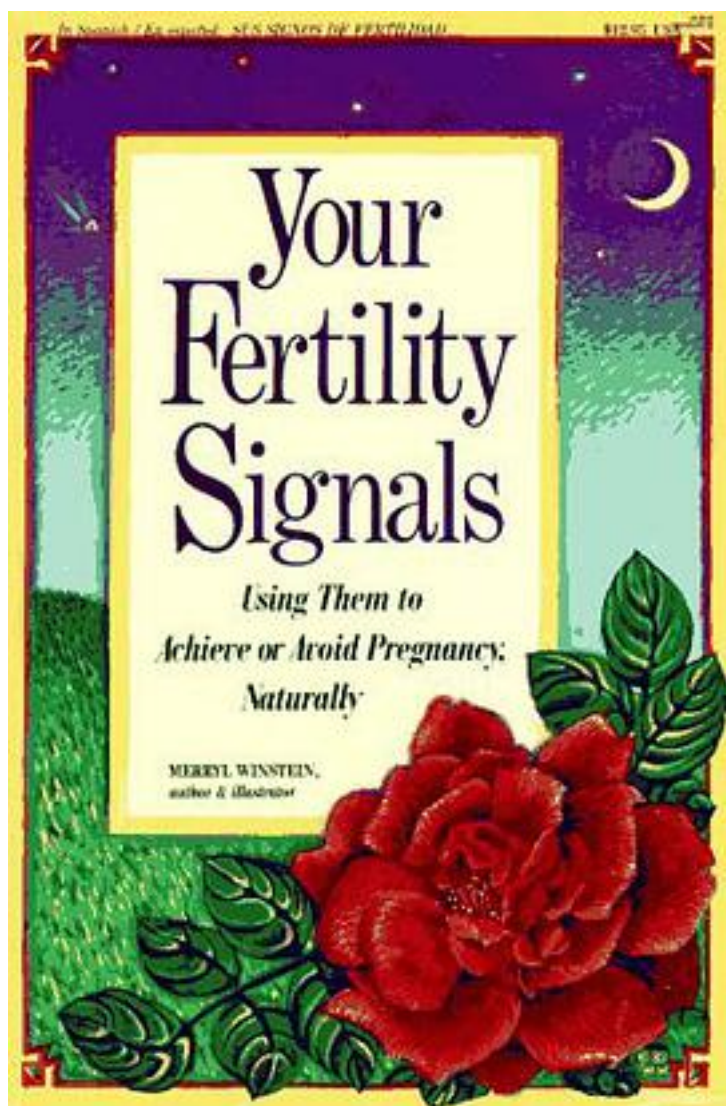


# Your Fertility Signals



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著者:Winstein, Meryll

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Presented in question-and-answer format, one of the most straightforward self-help books on fertility aims to help couples achieve or prevent pregnancy without using contraceptives. It advocates not the outdated rhythm method, but quick, daily examinations of cervical mucus and body temperature to ascertain when the few days of fertility occur. Winstein also covers the practical aspects of sexual abstinence during the fertile period, breastfeeding's role in fertility, returning to normal cycles after using the pill, and how ovulation occurs. Assuming normal fertility, she yet includes an explanatory, alphabetical list of infertility problems. An accurate, lovingly illustrated handbook that does much to dispel the mystery and imagined difficulty centered around birth control. Further information, readings list, references, glossary, index.

作者介绍:

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