



The Fastest Way To Get Pregnant Naturally

Christopher D. Williams

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For the millions of couples who want to have a baby, heres the perfect resource to help maximize their chances for a natural conception and get pregnant on their own timetable. Written by an Ob-Gyn and fertility specialist, this book draws on all the latest information and technology to show how careful planning, diet, exercise, frequency, and timing of intercourse can influence a womans chances for conception. In clear, accessible language, Dr. Christopher Williams reviews the male and female reproductive system, discusses when to stop birth control, dispels myths and rumors about fertility, and explains how to predict ovulation.



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