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# Natural Family Planning Made Easy In 5 Minutes A Day



## Synopsis

START NOW, IT'S SIMPLE! Become free from modern drug-oriented birth control methods, take control of your fertility now and realize the power that is already inside of you! The ability to conceive or to avoid pregnancy altogether need not be a complicated matter. Natural Family Planning has been around for thousands of years yet many people think of this tradition within a religious context and believe it to be clouded in mysticism. While NFP is now endorsed by the Catholic Church as a morally correct way of spacing children during marriage, its supporters extend far beyond the framework of any one religious organization. NFP itself is not religious in nature, it is simply a time-honored tradition that allows women to take control of their fertility while honoring the cycles of their childbearing years. When first considering a natural family planning route, one can begin to feel overwhelmed by all of the methods that exist and are in use today. The good news is that NFP can be made simple by following a few simple steps during your daily routine and by being as consistent as possible. Yes, there are several methods of charting your fertility available, but ultimately you will only need to settle on one -- the one that best suits your goals and lifestyle. This book was written to help make that choice as easy and as smooth as possible for you. In 'Natural Family Planning Made Easy' you'll find:

- The most popular forms of NFP in use today
- Tips for quick and easy charting
- How to overcome common obstacles
- Advice on how to choose the right method of NFP
- How to become aware of your hormonal changes as you transition from pregnancy back to normal fertility cycles
- The history of Natural Family Planning and women and fertility

Don't have a Kindle? Â Don't worry, you can also view this book by downloading the FREE Kindle app for your computer, iPad, or other mobile device: <http://amzn.to/aUZMHP>. Start taking charge of your fertility, scroll up to the top and grab your copy now!

About The Author Kate Evans Scott is the author of the Bestselling cookbooks The Paleo Kid, Â Paleo Kid Snacks, The Paleo Kid Lunchbox and Infused: 26 Spa-Inspired Natural Vitamin Waters. Â Ever since she turned a new leaf in her twenties, Kate has had a passion for finding alternative health modalities to offer her family and friends while enjoying the ride of self-discovery along the way. Kate and her husband Mark live in Oregon with their two spirited children. Â

## Book Information

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## Customer Reviews

Natural Family Planning Made Easy is an excellent introductory guide to help you better understand the woman's fertility cycle the way nature intended! The author does a great job starting with the history of NFP. Then she covers what it is, why it works, and the benefits of taking the time to learn how to use it in your life. There's something in here for everyone to learn. In fact I'm going back through it to learn some more! I recommend you buy it and start learning! Well Done!

What did the Pope say again last week? Catholic people do not need to behave like rabbits. I so agree. This book is a great guide to family planning the natural way. So many people do not know the ins and outs of birth control. Apart from preventing pregnancy, NFP can be used to getting a better understanding of the human body. I can highly recommend this book.

I wish it would have been more detailed instead of just saying what your options are. I did like the links.

Disappointed with the book since it doesn't cover how NFP works.

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