

## Taking Charge Of Your Fertility 20th Anniversary Edition The Definitive Guide To Natural Birth Control Pregnancy Achievement And Reproductive Health

American ReligionsOvulation and Pregnancy Tracking DiaryFertility WisdomTake Charge Of Your Fertility: Teach YourselfThe Spirit of IntimacySIBO Made SimpleTaking Charge of Your Fertility, 10th Anniversary EditionTaking Charge of Your Fertility Revised EditionThe Book About Getting Older (for people who don't want to talk about it)Women's Bodies, Women's WisdomGetting Pregnant when You Thought You Couldn'tThe Complete Guide to Fertility & Family PlanningI Want to Be Where the Normal People AreSex and VanityThe Panic Button BookThe Fifth Vital: A PreludeThe Breastfeeding CaféPreventing Miscarriage Rev EdNew Menopausal YearsFertility, Cycles, and NutritionWoman's Experience of SexBreastfeeding and Natural Child Spacing: The Ecology of Natural MotheringYour Fertility SignalsMarital IntimacyHer Blood is GoldTrying Again10 More Actual, Official LSAT PrepTestsBaby HungerOutsmart EndometriosisExpecting AdamExhaleCode RedMy Year of Living MindfullyTurning Down The NoiseThe Royal Marsden Hospital Handbook of Cancer ChemotherapyTaking Charge of Your Fertility, 20th Anniversary EditionMiscarriageVegetarian TimesTaking Charge of Your FertilityDr. Richard Marrs' Fertility Book

### American Religions

A GOOD MORNING AMERICA Book Club Pick! "Kevin Kwan's new book is his most decadent yet." --Entertainment Weekly The iconic author of the bestselling phenomenon Crazy Rich Asians returns with the glittering tale of a young woman who finds herself torn between two men: the WASPY fiancé of her family's dreams and George Zao, the man she is desperately trying to avoid falling in love with. On her very first morning on the jewel-like island of Capri, Lucie Churchill sets eyes on George Zao and she instantly can't stand him. She can't stand it when he gallantly offers to trade hotel rooms with her so that she can have a view of the Tyrrhenian Sea, she can't stand that he knows more about Casa Malaparte than she does, and she really can't stand it when he kisses her in the darkness of the ancient ruins of a Roman villa and they are caught by her snobbish, disapproving cousin Charlotte. "Your mother is Chinese so it's no surprise you'd be attracted to someone like him," Charlotte teases. The daughter of an American-born Chinese mother and a blue-blooded New York father, Lucie has always sublimated the Asian side of herself in favor of the white side, and she adamantly denies having feelings for George. But several years later, when George unexpectedly appears in East Hampton, where Lucie is weekendening with her new fiancé, Lucie finds herself drawn to George again. Soon, Lucie is spinning a web of deceit that involves her family, her fiancé, the co-op board of her Fifth Avenue apartment building, and ultimately herself as she tries mightily to deny George entry into her world--and her heart. Moving between summer playgrounds of privilege, peppered with decadent food and extravagant fashion, Sex and Vanity is a truly modern love story, a daring homage to A Room with a View, and a brilliantly funny comedy of manners set between two cultures.

### Ovulation and Pregnancy Tracking Diary

For pure practice at an unbelievable price, you can't beat the "10 Actual" series. Each book includes: 10 previously administered LSATs, an answer key for

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each test, a writing sample for each test, score-conversion tables, and sample Comparative Reading questions and explanations. [Pub. note: the cover art was updated for this book. The content is the same regardless of the cover.]

## Fertility Wisdom

Called "my menopause bible" by half a million women, the best book on menopause is now better. Originally published in 1992 and still a top best-seller. Completely revised with 100 new pages. Susan S. Weed (author of the best-sellers *Breast Cancer. Breast Health! the Wise Woman Way*, *Wise Woman Herbal for the childbearing Year*, and *Healing Wise*) has completely rewritten this classic after listening to over 20,000 women talk about menopause and what works for them. All the remedies women know and trust plus hundreds of new ones. New Sections on thyroid health fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones. Recommended by Susan Love MD and Christiane Northrup MD. Introduction by Juliette de Bairacli Levy. Beautifully illustrated, superbly indexed, wrapped in the healing cloak of the Ancient Ones, this is a book for owen of all ages who want strong bones, healthy hearts, and a long, joyous life without hormones.

## Take Charge Of Your Fertility: Teach Yourself

## The Spirit of Intimacy

Introducing the only clinically proven program—steeped in ancient Chinese healing traditions—that has enabled hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinic—often from across the country-- to fulfill a passionately held yet fragile dream: to conceive and deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments, they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

## SIBO Made Simple

Discusses diagnosis, treatments, and reproductive technology

## Taking Charge of Your Fertility, 10th Anniversary Edition

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Your period has power. Embrace your natural cycle, work with your hormones and connect to the innate feminine wisdom of your menstrual cycle. Your period is way more than PMS, carb cravings and lady rage - it's actually a 4-part lady code that, once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex and create a 'bloody' amazing life. Code Red, from the Creatrix of [www.thesassyshe.com](http://www.thesassyshe.com), Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from Wise + Wild Women like Meggan Watterson, Alexandra Pope and Uma Dinsmore Tuli, and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

### Taking Charge of Your Fertility Revised Edition

This is a collection of primary source documents in American religious history.

### The Book About Getting Older (for people who don't want to talk about it)

Imagine having a therapist in your pocket-The Panic Button Book is a stress-free, instantaneous way to manage anxiety, in a beautifully illustrated package

### Women's Bodies, Women's Wisdom

'The most important book about the second half of your life you'll ever read. I wish everyone in the UK could be under Dr Lucy's care, but this is the next best thing' SANDI TOKSVIG 'This warm and compassionate book gets to the heart of older age. Using stories and accessible explanations, it covers issues if declining health, quality of life and choices about the things that matter most' THE BRITISH GERIATRICS SOCIETY \_\_\_\_ Now more than ever, we need to talk about getting older. Many of us are living to a very great age. But how do we give those we love, and eventually ourselves, long lives that are as happy and healthy as possible? Dr Lucy's book gives us answers to the questions we can voice - and those that we can't. A long life should be embraced and celebrated, but it's not all easy. Yet even the most challenging situation can be helped by the right conversation. How do we start? How do we ask whether it's worth taking seven different medicines? Is it normal to find you're falling out of love with someone, as they disappear into dementia? Should Dad be driving, and if not, who can stop him? What are the secrets of the best care homes? When does fierce independence become bad behaviour? How do you navigate near-impossible discussions around resuscitation and intensity of treatments? And who decides what happens when we become ill? Serious, funny, kind and knowledgeable, this readable book helps guide us through essential conversations about getting older that go straight to the heart of what matters most.

### Getting Pregnant when You Thought You Couldn't

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Describes how a mother struggled to cope when her unborn second child, Adam, was diagnosed with Down syndrome, her decision to keep her son, and his magical influence on her life.

### The Complete Guide to Fertility & Family Planning

This diary is used to track ovulation with the use of OPK's (ovulation predictor kits) when trying to conceive. You can also record your period, sex and pregnancy test strips.

### I Want to Be Where the Normal People Are

The New York Times bestselling guide to physical and emotional wellness for women of all ages--fully revised and updated for 2020 "A masterpiece for every woman who has an interest in her body, her mind, and her soul."--Caroline Myss, Ph.D., author of Anatomy of the Spirit "I recommend Women's Bodies, Women's Wisdom to all women and also to all men who want to understand and nourish the women in their lives."--Deepak Chopra, M.D., author of Ageless Body, Timeless Mind Emphasizing the body's innate wisdom and ability to heal, Women's Bodies, Women's Wisdom covers the entire range of women's health--from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data, and reflecting today's woman's proactive involvement in her own health care, this important new edition will help women everywhere enjoy vibrant health with far fewer medical interventions. Filled with dramatic case histories, Women's Bodies, Women's Wisdom is contemporary medicine at its best, combining new technologies with natural remedies and the miraculous healing powers within the body itself.

### Sex and Vanity

Overwhelmed with insomnia and an incurable autoimmune disease, Shannon Harvey needed to make a change. But while the award-winning health journalist found plenty of recommendations on diet, sleep and exercise, when she looked for the equivalent of a 30-minute workout for her mental wellbeing, there was nothing. Also worried for the future mental health of her kids, who were growing up amidst critical levels of stress, anxiety, depression and addiction, Shannon enlisted a team of scientists to put meditation to the test. Could learning to quiet our busy minds be the simple solution the world so desperately needs? During her year of living mindfully Shannon is poked, prodded, scanned and screened. After a 30,000 kilometre journey from Australia to the bright lights of Manhattan and the dusty refugee camps of the Middle East - interviewing the world's leading mindfulness experts along the way - what begins as a quest for answers transforms into a life-changing experience. From the director of the internationally acclaimed documentary of the same name, MY YEAR OF LIVING MINDFULLY is filled with compelling stories, groundbreaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century.

## The Panic Button Book

□A wonderfully written text that will provide clear, up-to-date explanations for complex medical problems involving recurrent pregnancy loss. The personal accounts allow us all to be inspired by the desire to reproduce! □ Andrei Rebarber, M.D., clinical associate professor, Mount Sinai School of Medicine, New York; president, Maternal Fetal Medicine Associates, PLLC A Reassuring and Informative Guide That Offers New Hope For Expectant Parents Along with inspiring accounts of women who have delivered healthy babies after years of heartbreak, Dr. Jonathan Scher provides the latest medical information on preventing recurrent miscarriages, including why couples with "unexplained infertility" actually may be suffering repeat pregnancy loss due to failure of the embryo to implant in the womb, important immunological and tissue tests that may explain or prevent miscarriage, emerging treatments such as heparin and I.V.I.G., updated resources, and much more.

## The Fifth Vital: A Prelude

'A great Australian journalist on a deeply personal assignment: treading bravely, beautifully into the wonder of silence.' - TRENT DALTON 'I would never think of myself as a silent retreat person but I kind of felt like Jackman went in my place! She writes so thoughtfully and clearly about feelings that are hard to describe - it's very impressive. Writing a book about something essentially ungraspable is a very bold decision, but thanks to her journalistic method and assured style, Jackman has pulled it off. A counterintuitive modern odyssey in which the heroine sets out from a land of deafening overplenty in search of less. Beautifully researched.' - ANNABEL CRABB Author Christine Jackman knew her life looked successful - an executive position in Sydney, a house in a harbourside suburb, meetings with CEOs and phone calls with government ministers - but it didn't feel that way. Inside, she felt constantly off balance, her thoughts and internal compass - as well as her ability to care for the people she loved most - drowned out by the noise in her life. So Jackman embarked on a quest for a better way of being. Turning Down the Noise follows her journey as she explores what is happening to our brains, our lives and our communities as we navigate a never-ending assault on our senses and attention, whether from actual noise, exposure to media or the pings and alerts on our phones. More importantly, she reveals how we can reverse the damage through simple daily acts designed to strip out the stimuli and reclaim the silence. Seeking ways to channel and capture the clarity and peace of mind so often lacking in our lives, Jackman writes with a lightness of touch, sharing her own experiences and digging into her subject with the zeal of an investigative journalist and an enquiring mind.

## The Breastfeeding Café

Endometriosis does not have to ruin your career. Wouldn't it be nice to stop worrying about how your endometriosis symptoms are going to hold you back from hitting your career goals? Or to have tools that you can use to reduce your pain and manage your energy so you don't have to miss out on important opportunities? Sometimes, it can feel like endometriosis is controlling your life. Sought-after endometriosis, pelvic pain, and nutrition expert Dr. Jessica Drummond, DCN, CNS, PT, has helped thousands of women relieve their pelvic pain in over twenty years of practice. In Outsmart Endometriosis, she offers not another "one-size-fits-none endo diet," but a comprehensive approach to managing your symptoms using simple, repeatable strategies, and without having to wait for an appointment with your doctor. In Outsmart Endometriosis, Dr. Drummond can help you to: \* Stop missing important work

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meetings or deadlines because of your endometriosis pain, fatigue, anxiety, and/or digestive symptoms \* Let go of your worries about your fertility \* Clear your brain fog so you can do your best work \* Get control over your symptoms so you can feel more comfortable, and no longer just power through or be forced to quit \* Build a team of the right professionals to support you along the way Read Outsmart Endometriosis and become the boss of your symptoms and your career.

## Preventing Miscarriage Rev Ed

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the power of their periods.

## New Menopausal Years

Written especially for parents who have lost a child, Trying Again provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy.

## Fertility, Cycles, and Nutrition

A FREE PRELUDE TO THE FIFTH VITAL Mike Majlak was a seventeen-year-old from a loving, middle-class family in Milford, Connecticut, when he got caught up in the opioid epidemic that swept the nation. For close to a decade thereafter, his life was a wasteland of darkness and despair. While his peers were graduating from college, buying homes, getting married, having kids, and leading normal lives, Mike was snorting OxyContin, climbing out of cars at gunpoint, and burying his childhood friends. Unable to escape the noose of addiction, he eventually lost the trust and support of everyone who had ever loved him. Alone, with nothing but drugs to keep him company, darkness closed in, and the light inside him—the last flicker of hope—began to dim. His dreams, potential, and future were all being devoured by a relentless addiction too powerful to fight. Despair filled him as he realized he wasn't going to survive. Somehow, he did—HE NOT ONLY SURVIVED, HE THRIVED. Now he's a social media personality with millions of followers, and an entrepreneur, marketer, podcaster, YouTuber, and author who hopes to use his voice to shine a light for those whose own lights have grown dim. This is the prelude to his story.

## Woman's Experience of Sex

This book offers a forum for women to share their experiences with others. Approaching nursing as a feminist issue and one that is very important to child rearing, the book embraces the wide spectrum of women's experiences breastfeeding their children. Organized thematically and framed within a social and cultural context by a sociologist and former nursing mother of two, The Breastfeeding Café moves the subject of women nursing their children out from

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behind closed doors. A must-read for clinicians, breastfeeding consultants, and both new and expectant mothers who are curious about the nursing experience in all its variety.

## Breastfeeding and Natural Child Spacing: The Ecology of Natural Mothering

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

## Your Fertility Signals

This is the updated classic 1974 Harper&Row edition. The research and information differs from *The Seven Standards of Ecological Breastfeeding*, the latest version of natural child spacing. Both books together would make an excellent gift for a new mother.

## Marital Intimacy

How to achieve or prevent pregnancy naturally.

## Her Blood is Gold

If you're one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. *SIBO Made Simple* brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, *SIBO Made Simple* provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, *SIBO Made Simple* is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. *SIBO Made Simple* offers a clear path forward, from someone who's been there.

## Trying Again

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This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies. Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices. Maximize your chances of conception before you see a doctor or resort to invasive high-tech options. Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement. Gain control and a true understanding of your gynecological and sexual health. This new edition includes: A fully revised and intuitive charting system. A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause. An expanded sixteen-page color insert that reflects the book's most important concepts. Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of.

### 10 More Actual, Official LSAT PrepTests

### Baby Hunger

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### Outsmart Endometriosis

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Provides information and guidance for couples suffering from infertility, analyzing its physical and psychological causes, dispelling popular misconceptions, discussing medical tests and procedures designed to cure it, and recommending selected sexual techniques. Simultaneous.

### Expecting Adam

A collection of hilarious personal essays, poems and even amusement park maps on the subjects of insecurity, fame, anxiety, and much more from the charming and wickedly funny creator of Crazy Ex-Girlfriend. "It's nice to know someone as talented as Rachel is also pretty weird. If you're like me and love Rachel Bloom, this hilarious, personal book will make you love her even more." - Mindy Kaling "Rachel is one of the funniest, bravest people of our generation and this book blew me away." - Amy Schumer Rachel Bloom has felt abnormal and out of place her whole life. In this exploration of what she thinks makes her 'different', she's come to realise that a lot of people also feel this way; even people who she otherwise thought were 'normal'. In a collection of laugh-out-loud funny essays, all told in the unique voice (sometimes singing voice) that made her a star, Rachel writes about everything from her love of Disney, OCD and depression, weirdness, and female friendships to the story of how she didn't poop in the toilet until she was four years old. It's a hilarious, smart, and infinitely relatable collection (except for the pooping thing).

### Exhale

### Code Red

Take Charge of Your Fertility explains everything the prospective parent may need to know as they face the physical, emotional and practical challenges of trying for a baby. It covers health issues in full, from basic biology and an explanation of fertility and cycles to outlining what supplements are useful and what aren't, and how you can maximise your chances by following a healthy diet and cutting alcohol or nicotine intake. There are plenty of resources and guidelines for parents facing difficulties, including a guide to the medical options, and advice on how to seek further help. It will help couples to deal with the emotional issues faced when trying for a baby, and will also give practical information on who you should tell and who you must tell, and when. With coverage of all aspects of very early pregnancy, from do-it-yourself tests to the very first scan, it will be a useful resource which will help all prospective parents, whether looking to start or to expand their family. **NOT GOT MUCH TIME?** One, five and ten-minute introductions to key principles to get you started. **AUTHOR INSIGHTS** Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. **TEST YOURSELF** Tests in the book and online to keep track of your progress. **EXTEND YOUR KNOWLEDGE** Extra online articles at [www.teachyourself.com](http://www.teachyourself.com) to give you a richer understanding of your fertility. **FIVE THINGS TO REMEMBER** Quick refreshers to help you remember the key facts. **TRY THIS** Innovative exercises illustrate what you've learnt and how to use it.

### My Year of Living Mindfully

## Turning Down The Noise

Detailing a groundbreaking technique, the Fertility Awareness Method, an illustrated, updated guide for couples facing infertility offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for avoiding or achieving pregnancy.

## The Royal Marsden Hospital Handbook of Cancer Chemotherapy

A pioneer in the field of assisted reproduction, Dr. Richard Marris has spent his life counseling couples who struggle with the pain of infertility, developing new treatments, and helping thousands to experience the wonder of birth. Now Dr. Marris shares his knowledge and expertise in a groundbreaking book that answers all your questions, understands your concerns, and covers every aspect of fertility problems, including infertility's emotional price as well as its financial one. Based on the latest research and technologies--and the real-life experiences of thousands of couples--Dr. Marris tells you everything you need to know about getting pregnant, including: Which cutting-edge advances in reproductive technology--including in vitro, gift, zift, sperm manipulation, and immunological therapy--are right for you Is it your nerves? How emotions can delay or stop ovulation The biggest mistake doctors make when a man's sperm count is borderline or subnormal Which fertility drugs work best and the side effects you should expect Your chances of multiple birthstwins, triplets, or more When to change doctors or see a specialist The good news about using a partner's sperm and not a donor's even if your partner's count is very low Your insurance coverage--what you can and cannot do And much more

## Taking Charge of Your Fertility, 20th Anniversary Edition

A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. Somi generously applies the subtle knowledge from her West African culture to this one. Simply and beautifully, she reveals the role of spirit in every marriage, friendship, relationship, and community. She shares ancient ways to make our intimate lives more fulfilling and secure and offers powerful insights into the "illusion of romance," divorce, and loss. Her important and fascinating lessons from the heart include the sacred meaning of pleasure, preparing a ritual space for intimacy, and the connection between sex and spirituality. Her ideas are intuitively persuasive, provocative, and healing--and supported by sound practical advice, along with specific rituals and ceremonies based on those used for thousands of years. With this book, the spiritual insights of indigenous Africa take their place alongside those of native America, ancient Europe, and Asia as important influences on Western readers. A renowned, respected teacher and mentor to thousands, Sobonfu Somi is one of the first and foremost voices of African spirituality to come to the West. Somi was born in Dano, Burkina Faso, a remote West African village with a population of about two hundred people. Dano has preserved the old ways of African village life, with family structures, spiritual practices, and methods of living that have been in place for more than ten thousand years. In *The Spirit of Intimacy*, Somi distills the ancient teachings and wisdom of her native village to give insight into the nature of intimate relationships. A renowned, respected teacher and mentor to

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### Miscarriage

Provides information for common questions and concerns about miscarriages, and offers advice to the whole family for dealing with the loss

### Vegetarian Times

More energy, less stress, better sleep, happier lives. Isn't that what we all wish we had more of? Well, the solution is, quite literally, under your nose: your breath. From leading Breathwork practitioner, Richie Bostock, comes *Exhale* - a guide to learning the transformative power of breathing to help you lead a happier, healthier life. *Exhale* will help you master your physical, mental and emotional state in the comfort of your own home. Whether you're looking to reduce stress, improve creativity, tackle back pain or treat chronic ailments, conscious breathing has benefits for everyone. With over 40 exercises, experience the life-changing effects of Breathwork and cultivate your own breathing toolkit. With techniques inspired by traditional Sufi meditation and practices implemented by the Navy SEALs, Richie's Breathwork plan will help you find the solution to life's everyday challenges, in as little as ten minutes a day. Greater health and happiness is just a few breaths away.

### Taking Charge of Your Fertility

Covering key areas in the administration of chemotherapy for cancer sufferers, this text also includes a CD-ROM with footage of important aspects such as cannulation and giving intravenous drugs.

### Dr. Richard Marrs' Fertility Book

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and

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lives, the 10th Anniversary Edition of the classic bestseller will include: "New 'Preface to the 10th Anniversary Edition" "Updates on new fertility technologies "Natural approaches to conception "Updated Resources and Books For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to: "Enjoy highly effective, scientifically proven birth control without chemicals or devices "Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception "Increase the likelihood of choosing the gender of her baby "Gain control of her sexual and gynecological health

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