



The Fastest Way to Get Pregnant Naturally: The Latest Information On Conceiving a Healthy Baby On Your Timetable

Christopher D. Williams

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Dr. Christopher Williams's successful guide to conception, updated to reflect the fast-changing science of fertility

Each year a new group of couples decides they're ready to have a baby. One thing they all share: the desire to have a healthy baby as quickly as possible. They've done their thinking, they've made their plans, and they want to get pregnant NOW. Fortunately for them, renowned fertility specialist Christopher Williams, M.D., has updated his popular guide, *The Fastest Way to Get Pregnant Naturally* (nearly 43,000 copies sold), to include all the later findings. Since the first edition was published in 2001, there have been significant changes in fertility research and recommendations to maximize the odds during each cycle. The revised edition includes:

- An updated introduction
- Revised and reader-friendly figures
- Current statistics
- An examination of new products
- Up-to-date nutritional information
- New developments in all studies covered in the original book
- The latest resource and reading information
- A new chapter preparing readers for the first appointment with a fertility doctor

This book continues to be a valuable and timely resource for couples ready to start their families.

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