



Signs of Fertility: The Personal Science of Natural Birth Control

Margaret Nofziger

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Signs of Fertility is a textbook on natural family planning. It belongs on your bookshelf alongside user manuals such as Margaret Nofziger's *A Cooperative Method of Natural Birth Control*. This reference book provides background on the underlying physiological principles of natural family planning and outlines the rules of the method. In this book, you will find the newest natural fertility signs, including the cyclic changes of the cervix. There are chapters on the history of natural methods of birth control, and comparative birth control statistics. This is an extensively referenced text that has been used in nursing classes.

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