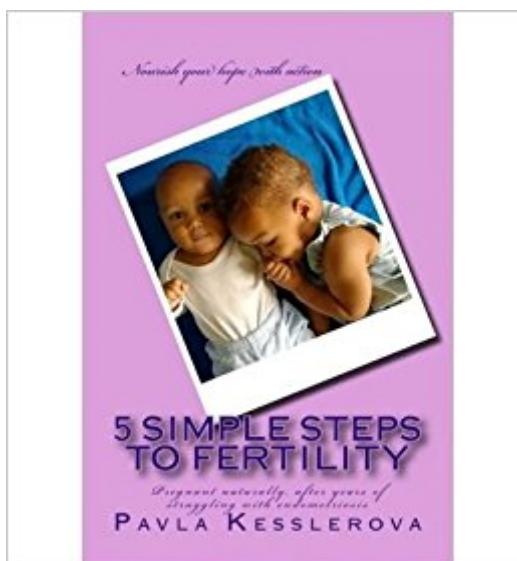


The book was found

# [ 5 SIMPLE STEPS TO FERTILITY: PREGNANT NATURALLY, AFTER YEARS OF STRUGGLING WITH ENDOMETRIOSIS ] By Kesslerova, Pavla ( Author ) 2014 [ Paperback ]



## Book Information

Paperback

Publisher: Createspace (January 10, 2014)

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Average Customer Review: 3.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #10,348,317 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endometriosis #2063 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #24976 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

Book not very long, but there was some helpful and beneficial material. Although as for the all organic diet, for a lot of people that is way too expensive, but you try for some organic or healthier options. Some of the other advice is worth a try. Not the best read, but some of the information is helpful.

This has very little information, and it's a stretch to call it a book. More like a brochure. Not that the information is invalid, just that it's scant. That said, it's genuine, no-nonsense advice, just not a lot of it.

I can't believe I'd ever get to find a book like this. My sister has been suffering from endometriosis for years, and it's that one terrible stumbling block toward having a baby. Anyone who has tried to conceive and failed countless times can understand, all that waiting and hoping then losing hope is unspeakable. Pavla Kesslerova's book, *5 Simple Steps to Fertility* is, therefore, an amazing godsend. I had I known these five steps exist, I could have helped my sister a long time ago. The author knows what she speaks of: most of the things she discusses in this book are derived from her own experience. And like many aspiring mothers, Pavla would not take "no" for an answer. She didn't stop until she finally found a way to conceive. actually, five natural ways, emphasis on "natural", so you know you're not taking extraordinary medical risks just to get pregnant. These five steps are astounding for their simplicity. You don't have to do something that's

impossible to do. So thank goodness for Kesslerova's book. I highly, highly recommend this to everyone who is trying to conceive. Kesslerova has overcome her problem, even getting pregnant at 40. That's a beacon of shining bright hope right there. Get a copy of this book today or much better, send this as a gift to all your friends who want to conceive. You may change a life today. Five stars for this one.

There is nothing more precious and rewarding in life than having a child. Unfortunately, for some people it is significantly harder to conceive. No one should ever give up hope though, there are ways to increase your chances and this book follows one woman's journey to conception. I really liked the personal approach used in this book, there is no medical jargon and long, boring paragraphs of complicated instructions. Just the heart-warming journey one person took to overcome ovarian cysts and endometriosis to eventually give birth twice, each time to a perfectly healthy child. It offers hope to all those that have struggled and gives them some insightful advice on what they could do to improve their chances. Highly recommended!

A warm hearted well written true document of a woman's journey to get pregnant. Overcoming myths and discouragement she has written a journal of the trial and efforts she used to get pregnant. It worked for her and perhaps it can work for you. Don't give up hope. Read this book, it could change your life. It did mine. Thank you.

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This book can point you in the right direction but is definitely lacking in information. I would have loved more detail but at least it gives me options to look into.

This book not only has great information but a wealth of dietary knowledge and recipes to help you get on track for a healthy pregnancy. Loved it!

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[ 5 SIMPLE STEPS TO FERTILITY: PREGNANT NATURALLY, AFTER YEARS OF STRUGGLING

WITH ENDOMETRIOSIS ] By Kesslerova, Pavla ( Author) 2014 [ Paperback ] Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Fertility: Get Pregnant Fast Cookbook (Women's Health, Fertility, Homeopathy, Cookbook, Pregnancy, Baby Health, Healthy Living 1) Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility How to get Pregnant Naturally: how to conceive naturally and have a healthy pregnancy after 30 or less Splashes Of Joy In The Cesspools Of Life [1992 PAPERBACK] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life [1992 Paperback] Barbara Johnson (Author)Splashes Of Joy In The Cesspools Of Life The Perfect Menopause: 7 Steps to the Best Time of Your Life [ THE PERFECT MENOPAUSE: 7 STEPS TO THE BEST TIME OF YOUR LIFE ] by Hess, Henry M. ( Author ) May-01-2008 Paperback [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] 2014 ICD-10-CM Draft Edition, 2014 ICD-10-PCS Draft Edition, 2014 HCPCS Professional Edition and CPT 2014 Professional Edition Package, 1e Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Pregnant & Lush: Sam (Pregnant & Lush Book 1) Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant Getting Pregnant Faster: The Best Fertility Herbs & Superfoods For Faster Conception Eat, Breathe, Conceive. Getting Pregnant with Fertility Yoga & Nutrition Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition What to Do When the Doctor Says It's Endometriosis: Everything You Need to Know to Stop the Pain and Heal Your Fertility Endometriosis and Other Disorders and Infections (World Congress on Fertility and Sterility Proceeding) [ Cystic Fibrosis: A Guide for Patient and Family [ CYSTIC FIBROSIS: A GUIDE FOR PATIENT AND FAMILY BY Orenstein, David M. ( Author ) Aug-10-2011 ] By Orenstein, David M. ( Author ) [ 2011 ) [ Paperback ]

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