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Sommario/riassunto	<p>The fully updated ninth edition of this bestselling handbook summarizes concisely but fully the methods of contraception, of which there are more now than were ever available to previous generations. This is a practical guide and includes newly launched intrauterine contraceptives. It also explains why new regimens for oral contraception should replace the standard 21/7 ritual that is suboptimal, despite being the norm for the past 60 years. Incorporating relevant WHO and national guidance documents, Professor Guillebaud's writing is appreciated because he describes best practice not only when there is a good evidence-base but also when there is not. He guides clinical judgement in real-world situations, where there often are unknowns yet the healthcare provider is facing a person who needs practical help now, in making their choice of method according to their own priorities. The easy-to-read format includes bulleted text and colour summary boxes that present information at a glance. Contraception Today is the ideal guide to contraceptive advice for general practitioners and practice nurses.</p>