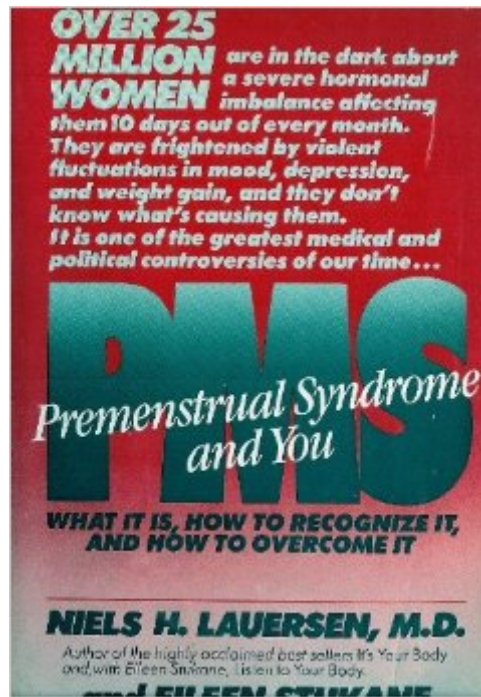


The book was found

# Pre-Menstrual Syndrome



## Synopsis

Book

## Book Information

Series: What It Is, How to Recognize It, and How to Overcome It.

Paperback: 224 pages

Publisher: Fireside; 1st edition (August 31, 1983)

Language: English

ISBN-10: 0671472429

ISBN-13: 978-0671472429

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #5,839,493 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Women's Health > Menstruation](#) #4418 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #337369 in [Books > Politics & Social Sciences > Social Sciences](#)

## Customer Reviews

I seriously questioned my sanity every month. Once I started reading, I could hardly put the book down because everything I was reading started to make sense - as if the authors studied and wrote about me. PMS is very real and this book puts it perspective with many solutions that work. Even though it was written 20 years ago - it's still relevant and practical. I highly recommend this book for anyone who suffers from PMS, or is concerned about someone who suffers from it. It actually doesn't have to be as bad as it can be for some. There's tons of information with hormonal and dietary advice that can actually release that monthly anger and mood swings. It's treatable - read this book.

A long time ago in another universe, I purchased this book shortly after it was published in 1983. It helped me through a very difficult time. Now...I recently ordered another copy for my daughter who is experiencing PMS and Peri-menopause symptoms. This is still an excellent book even though the information may be a bit dated.

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Pre-Menstrual Syndrome PMS: Pre-Menstrual Syndrome Pre-Menstrual Syndrome: Subliminal Persuasion/Self-Hypnosis Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Menstrual Syndrome and Progesterone Therapy Once a Month: Menstrual Syndrome, Its Causes and Consequences Early Communication Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome The Vitamin Cure for Chronic Fatigue Syndrome: How to Prevent and Treat Chronic Fatigue Syndrome Using Safe and Effective Natural Therapies Asperger Syndrome Explained: How to Understand and Communicate When Someone You Love Has Asperger's Syndrome Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Joint Hypermobility Handbook- A Guide for the Issues & Management of Ehlers-Danlos Syndrome Hypermobility Type and the Hypermobility Syndrome Autism: 44 Ways to Understanding- Aspergers Syndrome, ADHD, ADD, and Special Needs (Autism, Aspergers Syndrome, ADHD, ADD, Special Needs, Communication, Relationships) PRE-ALGEBRA MAKE SENSE, BOOK 3, PATTERNS OF FACTORS AN MULTIPLES, STUDENT EDITION (Pre-Algebra Makes Sense) PRE-ALGEBRA MAKE SENSE, BOOK 3, PATTERNS OF FACTORS AN MULTIPLES, STUDENT EDITION (Pre-Algebra Makes Sense) McDougal Littell Pre-Algebra: Student Edition Pre-Algebra 1992 Moon Time: A guide to celebrating your menstrual cycle A Menstrual Journey: Through the Old & the Dark to the New, the Light, & the Possibility & The Goddess Has Many Faces

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