



PMS, Perimenopause, and You

Lori Futterman, John Jones

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The ebb and flow of hormonal balance has a huge effect on all aspects of each woman's life. As women approach perimenopause, these effects become more pronounced as ever-increasing numbers of women are learning. This new edition teaches women, particularly those approaching middle age, how to treat related physical and emotional problems and embrace these life changes as positive, liberating experiences.

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