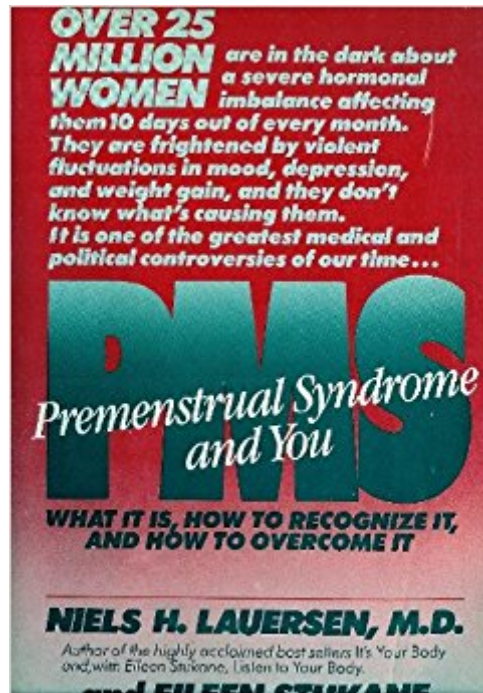




The book was found

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

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Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #3,762,156 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Women's Health > Menstruation](#) #2519 in [Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) #222964 in [Books > Politics & Social Sciences > Social Sciences](#)

Customer Reviews

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.

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.

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