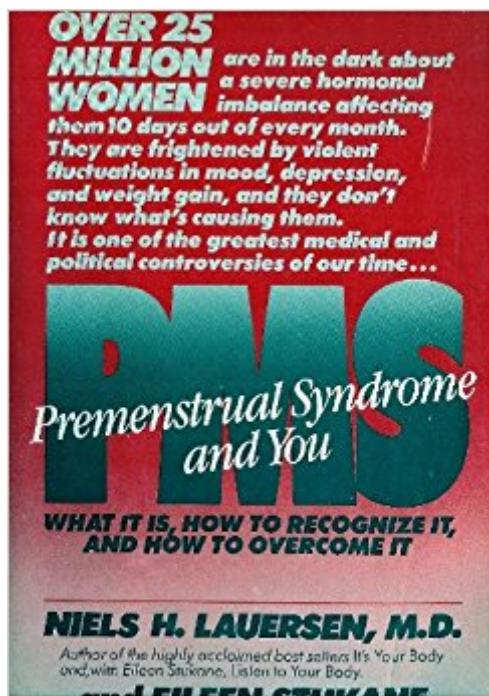


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# Pre-Menstrual Syndrome



## 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 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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Pre-Menstrual Syndrome PMS: Pre-Menstrual Syndrome Chronic Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More Once a Month: Menstrual Syndrome, Its Causes and Consequences Menstrual Syndrome and Progesterone Therapy The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Guide to Treating Pre-Diabetes Symptoms (EverythingÃ ¢®) Hello Pre-K: Back To School Composition Notebook For Pre-K Girls (Journals For Kids To Write In)(8.5 x 11) McDougal Littell Pre-Algebra: Student Edition Pre-Algebra 1992 Pre-GED Complete Preparation (Steck-Vaughn Pre-GED) Osteopathy & the Zombie Apocalypse: a Career Guide for Pre-Med and Pre-College Students: Why you want to be an Osteopathic Medical Doctor at the End of the World! Pre-Algebra, Student Edition (MERRILL PRE-ALGEBRA) Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10) Teaching Reading to Children With Down Syndrome: A Guide for Parents and Teachers (Topics in Down Syndrome) by Patricia Logan Oelwein (1995-02-01) Paperback Teaching Children with Down Syndrome About Their Bodies, Boundaries and Sexuality: A Guide for Parents and Professionals (Topics in Down Syndrome) by Terri Couwenhoven (2007-10-22) Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome) by Terri Couwenhoven 1st (first) Edition (10/10/2007)

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