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Moody Bitches The Truth About

Moody Bitches is a phenomenal trove of information on hormones, moods, interactions and how that all ties together. It has much information in it I did not know and hadn't read elsewhere. Many books for women don't usually go into such depth on hormones and how they effect you over your entire life cycle (from menarche, to pregnancy, I think this book should be

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required reading for all women.

Moody Bitches: The Truth About the Drugs You're Taking

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Health & Fitness - 420 pages. 2 Reviews. A groundbreaking guide for women of all ages that shows women's inherent moodiness is a strength, not a weakness

Moody Bitches: The Truth about the Drugs You're Taking

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Moody Bitches unpacks the biology behind the "cougar" stereotype, describes the herbs and supplements that can combat hot flashes, and paves the way for the peace and freedom that await on the other side. The third section, the Moody Bitches Survival Guide, is an instruction manual for well-being at any age.

Moody Bitches: The Truth About the Drugs You're Taking

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Moody Bitches: The Truth about the Drugs You're Taking, the Sleep You're Missing, the Sex You're Not Having and What's Really Making You Crazy ... by Dr Julie Holland Jane Myhill 11:38

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Moody Bitches: The Truth about the Drugs You're Taking

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In her new book, "Moody Bitches," Holland contends that moodiness, "being sensitive, caring deeply, and occasionally being acutely dissatisfied," is a natural source of power for women.

Book review: 'Moody Bitches,' how moodiness is a source of ...

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Moody Bitches: The Truth About The Drugs You're Taking

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Moody Bitches tells the truth about monogamy and desire, and why it is that your SSRI (antidepressants like Paxil or Zoloft) is likely not doing you any favors in the bedroom.

Moody Bitches : NPR

Moody Bitches offers a frank discussion about the drugs women are taking, the link between food and mood, practical sex, exercise, and sleep strategies, and the tools to unlock the wisdom of their bodies. Praise. Buy the book: Amazon, Barnes & Noble, iBooks, or IndieBooks. (Or visit your local bookstore for human connection.)

Moody Bitches

Moody Bitches: The Truth About the Drugs You're Taking, The Sleep You're Missing, The Sex You're Not Having, and What's Really Making You Crazy (Englisch) Gebundenes Buch - 3. März 2015. von Julie Holland (Autor) 4,5 von 5 Sternen 163 Sternebewertungen. Alle 9 Formate und Ausgaben anzeigen Andere Formate und ...

Moody Bitches: The Truth About the Drugs You're Taking

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Moody Bitches: The Truth About the Drugs You're Taking, the Sleep You're Missing, the Sex You're Not Having, and What's Really Making You Crazy Author Julie Holland Genre Non-fiction Publisher

A new book about women's emotional lives looks at the

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MOODY BITCHES. As women, we learn from an early age that our moods are a problem, an annoyance to be stuffed away. But our bodies are wiser than we imagine. Moods are a finely tuned feedback system that allows us to be more empathic, intuitive, and aware of our own capabilities. If we deny our emotionality, we deny the breadth of our talents ...

Julie Holland, M.D.

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