



# **Is it Me or My Hormones?: The Good, the Bad and the Ugly About Perimenopause and All the Crazy Things That Occur with Hormone Imbalance (Paperback) - Common**

*By (author) Marcelle Pick*

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Validates women's experience of hormonal issues and reassures them that with simple, natural changes, they can eliminate their cravings, depression, mood swings and weight gain, going on to feel energized, sexual, and in command of their lives. This book delves into the often misunderstood world of female hormonal imbalance.

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