



Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause

Lorraine Pintus

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In Jump Off the Hormone Swing, Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand, and wanting to strangle her and shoot her ugly dog on the other. While many books discuss the physical and emotional symptoms of hormones, this is the first to explore in depth the spiritual aspects. *Jump!* is a mentoring book, not a medical book. The focus is on attitude, not anatomy. Lorraine shares insights from her own journey as well as wisdom from 1,500 women she surveyed. Sound biblical wisdom is laced with humor because after all, when it comes to hormones, you either have to laugh or cry, and laughing is better!

Get answers to these questions:

- What is the number one thing I can do to feel better physically?
- How does PMS and perimenopause affect me spiritually?
- Which foods ease PMS symptoms...which make them worse?
- How do hormones affect my brain?
- Why does stress make my PMS worse and what can I do about it?
- Are there benefits to PMS and perimenopause? (you'll discover 10!!)
- How can God possibly love me when I hate myself?

Includes a 10-week study for individual and group use.

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Darren Marshall:

Here thing why this particular Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause are different and reputable to be yours. First of all looking at a book is good but it really depends in the content than it which is the content is as scrumptious as food or not. Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause giving you information deeper since different ways, you can find any e-book out there but there is no e-book that similar with Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause. It gives you thrill reading journey, its open up your personal eyes about the thing that happened in the world which is possibly can be happened around you. You can easily bring everywhere like in recreation area, café, or even in your way home by train. When you are having difficulties in bringing the published book maybe the form of Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause in e-book can be your alternative.

Robert Williams:

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Damian Woodward:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you wish to try to find a new activity here is look different you can read any book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a guide. The book Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

Gary Muldowney:

In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is Jump Off the Hormone Swing: Fly Through the Physical, Mental, and Spiritual Symptoms of PMS and Peri-Menopause this guide consist a lot of the information of the condition of this world now. This kind of book was represented so why is the world has grown up. The language styles that writer value to explain it is easy to understand. Often the writer made some investigation when he makes this book. That is why this book acceptable all of you.

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