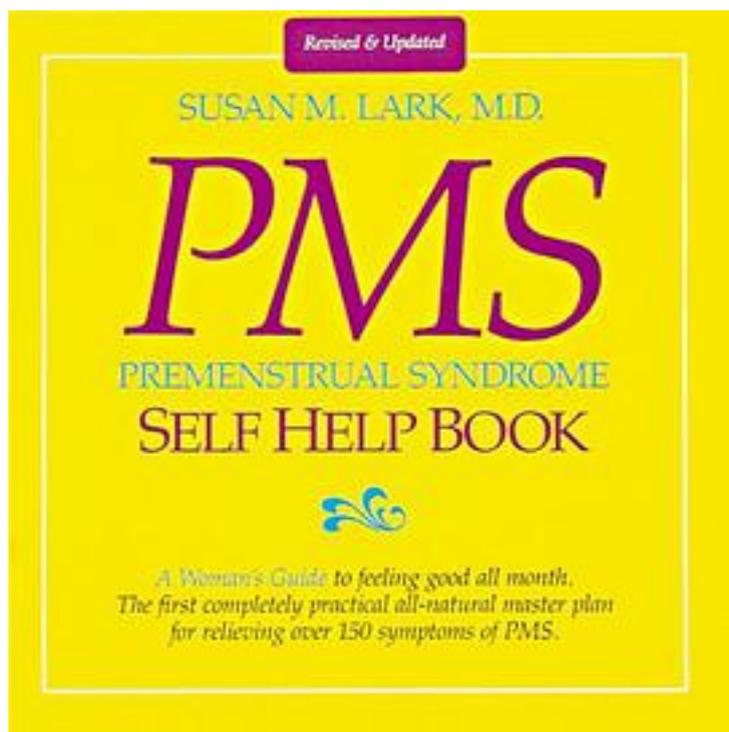


Premenstrual Syndrome Self-help Book



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著者:Lark, Susan M.

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A woman's guide to feeling good all month, bringing welcome relief through natural methods. The book discusses symptoms and causes of fatigue, anxiety, and pain; provides nutritional guidelines to help reduce premenstrual symptoms; and is fully illustrated throughout with a comprehensive workbook.

作者介绍:

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