

# Relax, This Won't Hurt

"*Relax, This Won't Hurt* is an excellent guide to women's health that every mother, daughter, and grandmother should own. It's an indispensable resource for women of all ages who want to take charge of their health."

—BETH R. MERKATZ, M.D., AND BETH B. MERKATZ, R.N., Ph.D.

Painless Answers  
to Women's Most  
Pressing Health  
Questions

## Relax, This Won't Hurt

### Judith Reichman, M.D.

Author of *I'm Not in the Mood* and  
Medical Correspondent for the *Today Show*

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From a doctor millions of women already trust, Relax, This Won't Hurt is an in-depth, decade-by-decade look at the health issues that women face, wonder about, and worry about. This book is the ultimate answer for any woman who's ever wished she could spend unlimited time quizzing her doctor during a routine office visit. What's the ideal contraceptive for me? How can I make sure I don't have cancer? What can I do about cramps and PMS? What should I do if I have problems getting pregnant? What do all those lab-test reports mean to me? Should I take estrogen? Based on the latest research findings, this book comprehensively covers below-the-belt health and beyond, including mental health and other issues, plus the latest on genetics and health, which medical tests to have, and top-ten lists of ways women can take care of themselves at every age. Relax, This Won't Hurt is an invaluable resource for women, from adolescence throughout life.

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