

Emotional Phases of a Womans Life



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Are there times when your emotions are so out of control that you think you're losing your sanity? Is there a correlation between your mood swings and your hormones? When Jean Lush addressed the subject of hormonal activity and women's emotions on James Dobson's "Focus on the Family" radio broadcast, the show received the

largest response ever. In Emotional Phases of a Woman's Life, Jean Lush and Patricia H. Rushford trace the hormonal changes through a woman's life and the emotional states that may accompany them.

This fascinating new book acquaints women with the physiological and emotional changes that occur from puberty through postmenopause. The authors draw upon up-to-date medical information and case studies to dispel the myths and fears regarding PMS, postpartum blues, mid-life malaise, pre-menopause and menopause. In addition, they reveal the dangers of relying upon such coping mechanisms as romance novels, ghost lovers, and soap operas.

作者介绍:

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