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# MOODY BITCHES: THE TRUTH ABOUT THE DRUGS YOU'RE TAKING, THE SLEEP YOU'RE MISSING, THE SEX YOU'RE NOT HAVING AND WHAT'S REALLY MAKING YOU CRAZY.



HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Moody Bitches: The Truth About the Drugs You're Taking, the Sleep You're Missing, the Sex You're Not Having and What's Really Making You Crazy., Julie Holland, Overworked? Exhausted? Powering between career, family and friends and frazzled and libido-less as a result? No wonder you're moody! But as New York psychiatrist Julie Holland explains in her radical and eye-opening new book, the first step to overcoming the lows is to accept that being...

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- Authored by Julie Holland
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