



## The Hypothyroid Writer: Seven Daily Habits That Will Heal Your Brain, Feed Your Creative Genius, and Help You Write Like Never Before (Paperback)

By Sarah E Lentz

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Writing for a living can be enough of a challenge, but if you're living with thyroid dysfunction, you know it affects everything -- and it makes it all the harder to succeed as a writer. Are you struggling with low energy, brain fog, increased sensitivity, depression, or anxiety? Have you ever thought of writing a book, only to catch yourself thinking you're not likely to succeed with that when you can barely manage doing enough to survive? Hypothyroidism can make it difficult to get a lot done each day, but if you'd like to learn not only how to thrive in all areas of your life, but also how to get the right things done each day and become the powerful and prolific writer you were born to be, you need this book. If you're hypothyroid and worried about declining brain function, and you're looking for a book that will help you heal your brain and keep it healthy for as long as possible, read this book! The Hypothyroid Writer begins with an overview...

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