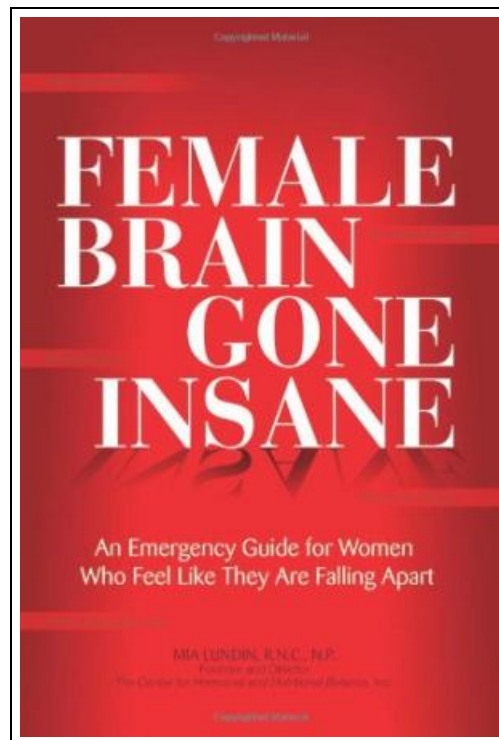


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HEALTH COMMUNICATIONS, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Four Steps to Sanity No Doctors, No Antidepressants, No Fuss Are you one of the millions of women who feels like there is a giant boulder strapped to your back? You are exhausted but can't sleep. You find absolutely no joy in anything you do or in the people around you. You are forgetful and easily confused. You are overwhelmed, anxious, and emotionally bankrupt. In general, you feel like crap. Your doctor has told you it's all in your head and you feel like you are going insane! Mia Lundin has heard all of this before and knows exactly how to help. She has treated and cured more than 3,000 women of all ages and stages of life who felt like they were losing it, and who were initially misdiagnosed and prescribed pointless antidepressants or one-size-fits-all HRT by busy doctors. After considering the whole woman and the lifestyle she lives, Mia revealed the culprit in almost all of her cases to be a combination of brain chemistry and hormone imbalance. Never a standardized solution, Female Brain Gone Insane is the first book to tackle the emotional symptoms and issues associated with hormone and brain-chemistry imbalances while giving you the same wisdom, advice, and results that Mia offers her patients through her private practice. The easiest and most compassionate program you'll ever find, Female Brain Gone Insane will guide you step by step through the scary maze of self-doubt and fear. You will learn how to listen to and identify your own symptoms to get started on your emotional rescue plan and take action toward sanity right now.



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