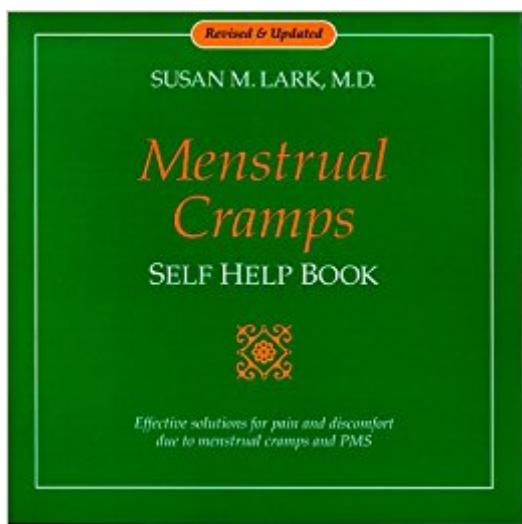


The book was found

Menstrual Cramps Self Help Book: Effective Solutions For Pain And Discomfort Due To Menstrual Cramps And PMS



Book Information

Paperback: 224 pages

ISBN-10: 0890877718

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Package Dimensions: 8.4 x 8.3 x 0.6 inches

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Customer Reviews

This book is very helpful and addresses all the issues related to cramps and some effective solutions to deal with them. The acupressure works and has diagrams so you know how to do it properly. The author has written several books dealing with women's issues. She is a doctor and explains things well. Unfortunately, all of her books are out of print and the publisher doesn't foresee printing any more, so some of them are hard to get. I felt very fortunate to find a copy of this book.

There are 3 chapters in this book that I found really useful: exercises to relieve cramps, yoga to relieve cramps, and acupressure to relieve cramps. The other chapters on attitude, food & self-care are ok, but predictable, nothing really new or exciting. The 3 chapters of exercises are something special, and are laid out in a way that's easy to use when you need them.

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Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Get It Out! Eliminating the Cause of Diverticulitis, Kidney Stones, Bladder Infections, Prostate Enlargement, Menopausal Discomfort, Cervical Dysplasia, PMS, and More The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain,

stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Fixing You: Neck Pain & Headaches: Self-Treatment for healing Neck pain and headaches due to Bulging Disks, Degenerative Disks, and other diagnoses. No Healthy Guts, No Glory - How to Treat and Cure Diarrhea, Acid Reflux, Constipation, Gas, Nausea, Ulcers, Menstrual Cramps, and Stomach Flu The Devil's Due and Other Stories: The Devil's Due, The Portal, Disfigured, Empathy, and Epitaph (International Thriller Writers Presents: Thriller, Vol. 1) PMS: Pre-Menstrual Syndrome The Matrix Repatterning Program for Pain Relief: Self-Treatment for Musculoskeletal Pain (New Harbinger Self-Help Workbook) Acupressure for Horses: Hands-On Techniques to Solve Performance Problems and Ease Pain and Discomfort Trigger Points: Understanding Myofascial Pain and Discomfort How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain

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