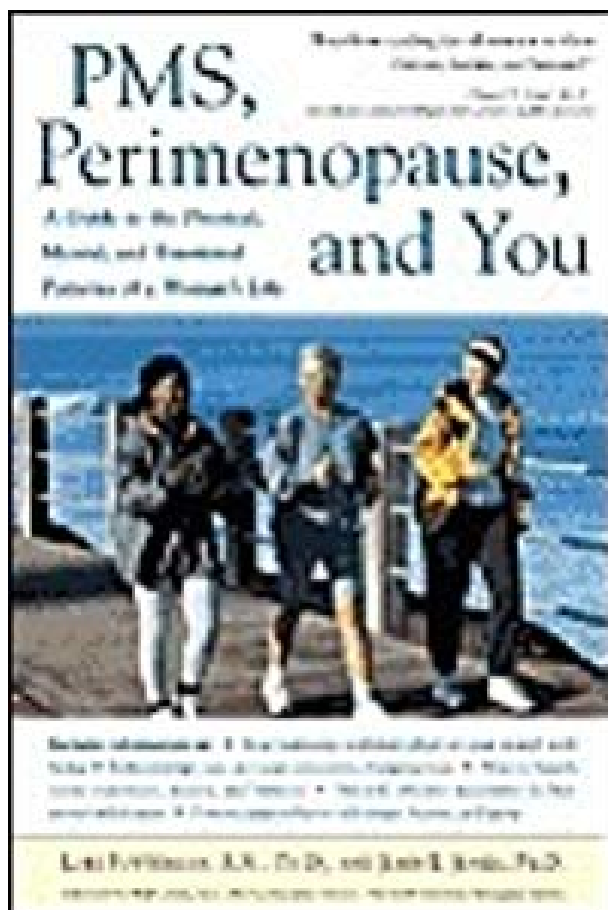


# PMS, Perimenopause, and You



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The ebb and flow of hormonal balance has a huge effect on all aspects of each woman's life. As women approach perimenopause, these effects become more pronounced as ever-increasing numbers of women are learning. This new edition teaches women, particularly those approaching middle age, how to treat