



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.

By Julie Holland

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 testy is in our nature - we were made to be Moody Bitches. Being a successful modern woman is hard, and for so many of us the constant flux in our hormones and the dip and dives our mood swings take makes it that much harder. For over 17 years, women have visited celebrated psychopharmacologist Dr Julie Holland looking for the miracle cure to eradicate these feelings. Now, in her illuminating and honest Moody Bitches, she details the invaluable advice she shares with her patients, revealing how suppressing our natural emotions is actually damaging. Instead she offers tried and tested alternatives to help keep the moods under control, making exhaustion and low sex-drive a thing of the past. From the...



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Just no words to explain. Indeed, it is actually play, nevertheless an amazing and interesting literature. Its been written in an exceptionally simple way and is particularly simply following i finished reading through this ebook by which in fact altered me, alter the way in my opinion.

-- **Leilani Rippin**