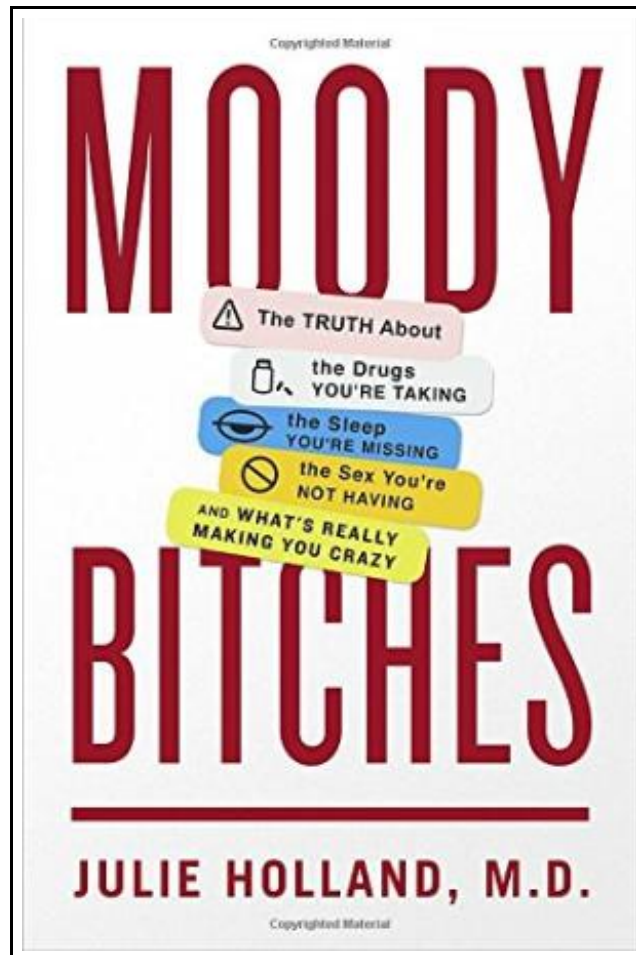


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(Dr. Reta Murphy)


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Penguin Press, United States, 2015. Hardback. Book Condition: New. 317 x 218 mm. Language: English . Brand New Book. A groundbreaking guide for women of all ages that shows women s inherent moodiness is a strength, not a weakness As women, we learn from an early age that our moods are a problem. Bitches are moody. To succeed in life, we are told, we must have it all under control. We have to tamp down our inherent shifts in favor of a more static way of being. But our bodies are wiser than we imagine. Moods are not an annoyance to be stuffed away. They are a finely-tuned feedback system that, if heeded, can tell us how best to manage our lives. Our changing moods let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. They help us select the right tool for each of our many jobs. If we deny our emotionality, we deny the breadth of our talents. With the right care of our inherently dynamic bodies, we can master our moods to avail ourselves of this great natural strength. Yet millions of American women are medicating away their emotions because our culture says that moodiness is a problem to be fixed. One in four of us takes a psychiatric drug. If you add sleeping pills to the mix, the statistics become considerably higher. Over-prescribed medications can have devastating consequences for women in many areas of our lives: sex, relationships, sleep, eating, focus, balance, and aging. And even if we don t pop a pill, women everywhere are numbing their emotions with food, alcohol, and a host of addictive behaviors that deny the wisdom of our bodies and keep us from addressing the real issues that we...

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