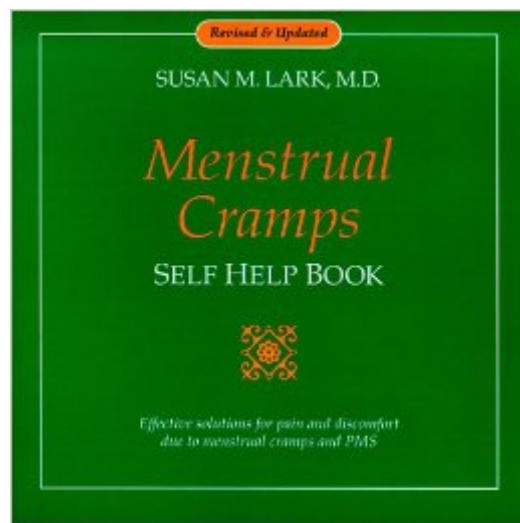


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# Menstrual Cramps Self Help Book: Effective Solutions For Pain And Discomfort Due To Menstrual Cramps And PMS



## Book Information

Paperback: 224 pages

ISBN-10: 0890877718

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

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## Customer Reviews

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.

This book is very helpful and addresses all the issues related to cramps and some effective solutions to deal with them. The accupressure 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.

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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 The Pain Relief Breakthrough: The Power of Magnets to Relieve Backaches, Arthritis, Menstrual Cramps, Carpal Tunnel Syndrome, Sports Injuries, and More The Devil's Due and Other Stories: The Devil's Due, The Portal, Disfigured, Empathy, and Epitaph (International Thriller Writers Presents: Thriller, Vol. 1) Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) PMS: Pre-Menstrual Syndrome Internal Cleansing : Rid Your Body of Toxins to Naturally and Effectively Fight Heart Disease, Chronic Pain, Fatigue, PMS and Menopause Symptoms, and More (Revised 2nd Edition) The Discomfort Zone: How Leaders Turn Difficult Conversations Into Breakthroughs

Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back  
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)  
The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series)  
Overcoming Bladder Disorders: Compassionate, Authoritative, Medical and Self-Help Solutions for What You Must Know  
About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporis, PCOS, and More  
Wall & Melzack's Textbook of Pain: Expert Consult - Online and Print, 6e (Wall and Melzack's Textbook of Pain)  
Pain Relief: Manage and Eliminate Pain, Accelerate Recovery, and Feel Better  
You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program  
Bonica's Management of Pain (Fishman, Bonica's Pain Management)  
God Wants You Happy: From Self-Help to God's Help  
Annual Tax Mess Organizer For Barbers, Hair Stylists & Salon Owners: Help for help for self-employed individuals who did not keep itemized income & ... during the business year. (Annual Taxes)  
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