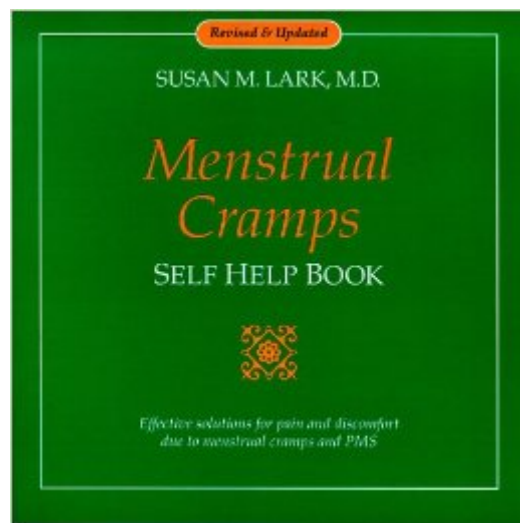


The book was found

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

ASIN: B000C4SGAA

Product Dimensions: 8.4 x 8.3 x 0.6 inches

Shipping Weight: 1 pounds

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

Best Sellers Rank: #7,789,398 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Women's Health > Menstruation](#) #166366 in [Books > Deals in Books](#)

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.

[Download to continue reading...](#)

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)
The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)

[Dmca](#)