



28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential

By Gabrielle Lichterman, Scott Haltzman

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Who knew that hormones could be so helpful? 28 Days is a fun, factual book for women that helps them forecast their day with one very important tool - their hormonal cycle. 28 Days reads with the ease of a horoscope but is rooted in scientific fact. This breakthrough book helps women tune in to their internal monthly calendar and learn how to maximize each day - from moods to relationships to career decisions to how hot - or not - their sex lives will be. The author - a women's health writer - also provides quick tips so women can counteract the effects of hormones on "blah" days of their cycle - like boosting the intake of iron-rich foods on low energy days.

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Editorial Review

Review

"28 Days is a sidesplitting education and a make-your-honey-read-it every page validation!" -- *Andy Paige, Style and Beauty Expert for NBC's Starting Over*

"Congratulations to Gabrielle Lichterman for writing a humorous, powerful and very needed book." -- *Michael Gurian, author of The Wonder of Girls and What Could He Be Thinking?*

"Lichterman translates serious scientific research into a snappy and practical guide to the daily craziness and elation." -- *Nashville City Paper, July 5, 2005*

From the Author

Your hormones affect virtually every aspect of your day--your mood, brain skills, relationship, sex, money, career, energy, diet, health and more! Hundreds of scientific studies prove it!

So why haven't you heard about this till now? Because all those hundreds of hormones studies have been scattered in hundreds of different health journals and medical books. Most busy gals simply don't have the time to track them all down.

Luckily, you don't have to spend time looking--I've done it all for you. And I've compiled the results of these hundreds of studies into one convenient daily guide that's as easy to read as a horoscope! In fact, you can consider 28 Days your daily "hormone horoscope". With it, you can instantly find out what practically every aspect of your day will be like--mood, mind, relationship, sex, money, career, energy, diet, health, and more!

28 Days is fun, it's loaded with surprising facts about you, it's a must-read every single day.

About the Author

Gabrielle Lichterman is a full-time freelance journalist who has written more than 1,000 articles on women's issues with a focus on health and medicine, trends, pop culture, and relationships. Her articles have appeared in Cosmopolitan, Marie Claire, Woman's Own and Woman's World.

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Exactly why? Because this 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret this inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the reserve store hurriedly.

Madge Stamps:

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Marc Starr:

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