



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

By Gabrielle Lichterman, Scott Haltzman

Download now

Read Online ➔

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman

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.

↓ [Download 28 Days A Daily Horoscope Your Hormones!: What You ...pdf](#)

📖 [Read Online 28 Days A Daily Horoscope Your Hormones!: What Y ...pdf](#)

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

By Gabrielle Lichterman, Scott Haltzman

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman

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.

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman Bibliography

- Sales Rank: #480921 in Books
- Brand: Brand: Adams Media Corporation
- Published on: 2005-03-31
- Original language: English
- Number of items: 1
- Dimensions: 7.38" h x .69" w x 4.50" l,
- Binding: Paperback
- 304 pages

 [Download 28 Days A Daily Horoscope Your Hormones!: What You ...pdf](#)

 [Read Online 28 Days A Daily Horoscope Your Hormones!: What Y ...pdf](#)

Download and Read Free Online 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman

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.

Users Review

From reader reviews:

John Buckner:

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:

Your reading 6th sense will not betray a person, why because this 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential e-book written by well-known writer who knows well how to make book that can be understand by anyone who have read the book. Written within good manner for you, dripping every ideas and producing skill only for eliminate your hunger then you still skepticism 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential as good book not merely by the cover but also through the content. This is one publication that can break don't assess book by its cover, so do you still needing yet another sixth sense to pick this particular!? Oh come on your studying sixth sense already alerted you so why you have to listening to another sixth sense.

Marc Starr:

This 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential is great e-book for you because the content that is full of information for you who all always deal with world and get to make decision every minute. This kind of book reveal it information accurately using great organize word or we can claim no rambling sentences in it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tough core information with lovely delivering sentences. Having 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential in your hand like finding the world in your arm, data in it is not ridiculous one particular. We can say that no guide that offer you world within ten or fifteen small right but this guide already do that. So , this really is good reading book. Heya Mr. and Mrs. occupied do you still doubt which?

Joseph Curtis:

Many people spending their time period by playing outside with friends, fun activity along with family or just watching TV the entire day. You can have new activity to enjoy your whole day by looking at a book. Ugh, you think reading a book really can hard because you have to take the book everywhere? It okay you can have the e-book, having everywhere you want in your Mobile phone. Like 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential which is having the e-book version. So , why not try out this book? Let's notice.

Download and Read Online 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman #4JZVSLP5WTB

Read 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman for online ebook

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman books to read online.

Online 28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman ebook PDF download

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman Doc

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman Mobipocket

28 Days A Daily Horoscope Your Hormones!: What Your Cycle Reveals About Your Love Life, Moods, and Potential By Gabrielle Lichterman, Scott Haltzman EPub