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PMS, Perimenopause, and You

A GUIDE TO THE EMOTIONAL, MENTAL, AND PHYSICAL PATTERNS OF A WOMAN'S LIFE

- **Lori Futterman, R.N., Ph.D.**
- **John E. Jones, Ph.D.**

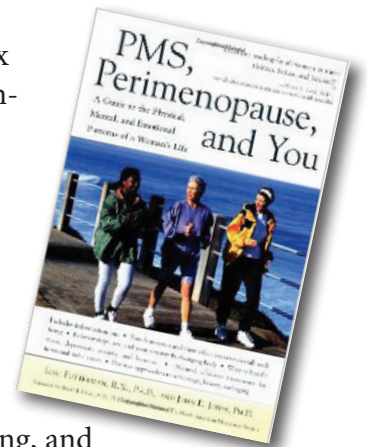
As a result of ongoing hormonal changes, a woman's body is in a constant state of flux during her lifetime. These changes can affect mood, ways of thinking, sexual functioning, energy level, sleep patterns, appetite, and self-perception.

PMS, Perimenopause, and You will guide you through these myriad of changes by providing you with valuable information on getting the most effective treatment through psychotherapy, nutrition, exercise, and other alternative methods, and achieving an equilibrium among the physical, mental, social and spiritual aspects of daily life.

This book will help you take proactive steps toward improving your emotions, thinking, and physical symptoms.

Lori Futterman, R.N., Ph.D., is a licensed clinical psychologist specializing in women's mental health concerns related to hormones, mood, and behavior. She practices in San Diego, California.

John E. Jones, Ph.D., is an organization and management development consultant with over thirty years' of experience in a wide array of systems, including collaboration in research on PMS with Dr. Futterman.



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