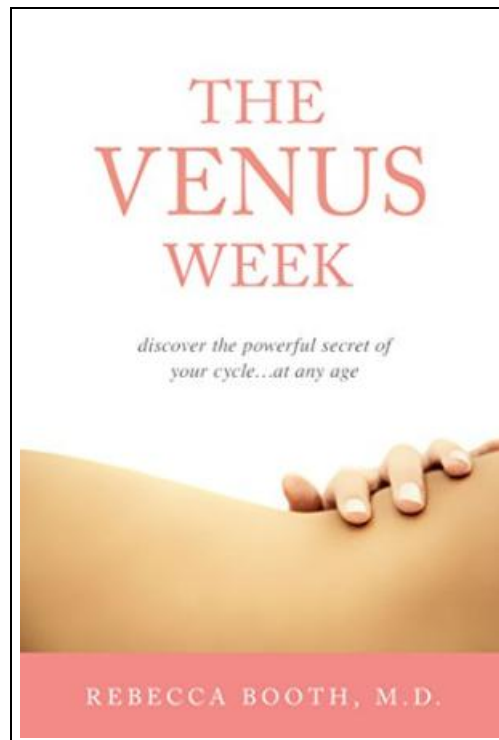


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Beauty Booth LLC, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.All women have it, but may never have thought about it: it s that one week of the month when you feel great about yourself-more attractive, focused, and receptive to others. Your hair shines; your skin glows. But why does this happen? And why do we often feel so out of balance the rest of the month? The Venus Week is a window of days each month when estrogen, (the feel-good hormone) and testosterone (the hormone of desire) are at their peak. In order to encourage us to reproduce, Nature cleverly gives women a gift: when we are more likely to conceive, we feel and look our best. However, the significance of this phenomenon throughout a woman s life is far greater than fertility alone. Leading gynecologist Dr. Rebecca Booth created the Venus Week metaphor to help her patients better understand what influences the constant physical, emotional, and sexual changes they feel. Now, in *The Venus Week*, she reveals the surprising ways you can manage your body s weekly hormonal shifts to your best advantage, no matter what your age or stage in life. You ll discover how to: Find your Venus Week and maximize its positive effects Increase your energy and boost your libido Improve your chances of achieving-or avoiding-pregnancy Lessen the effects of the Minerva Phase: acne, irritability, weight gain and mood swings Manage common Venus Interrupters like stress, insulin resistance, and poor health conditions Ease the changes of perimenopause and menopause Knowing the secret of *The Venus Week* can help you feel less at the mercy of your hormones and more in control. You ll learn how these variations affect your body, your relationships, and your life in...



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