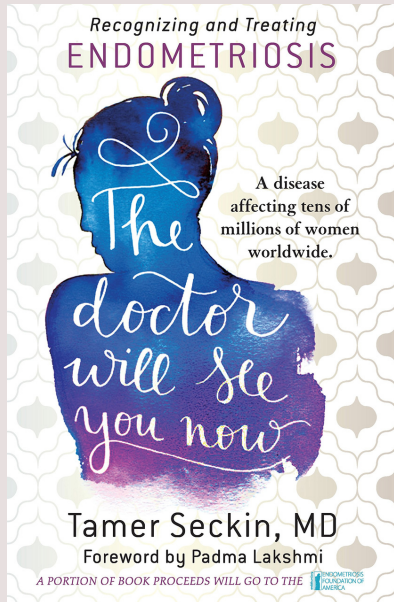


4 BOOKS FOR WOMEN STRUGGLING WITH *period* PROBLEMS

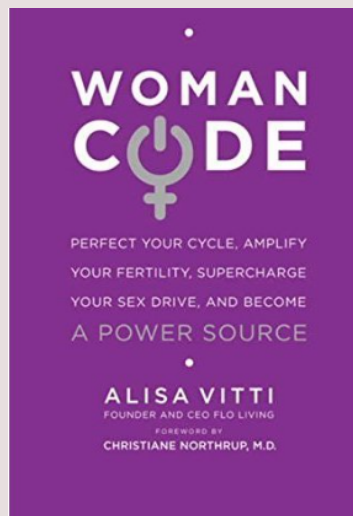
THE DOCTOR WILL SEE YOU NOW

BY TAMER SECKIN



FOR THE GIRL WHO WONDERS IF ENDO IS HER PROBLEM + WANTS ANSWERS ON HOW TO FIND OUT + HOW TO TREAT HER ILLNESS.

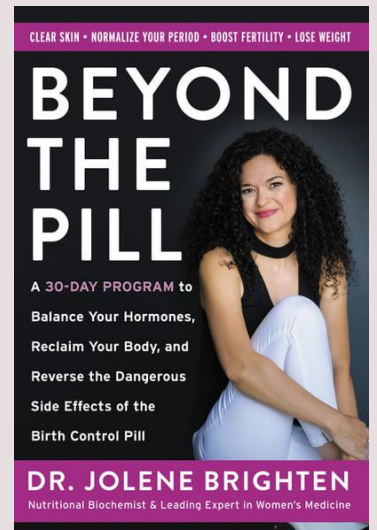
IF YOU'RE STRUGGLING WITH YOUR BODY, YOUR HORMONES, YOUR PERIOD OR ANY OF THE THINGS, I WOULD ABSOLUTELY ENCOURAGE YOU SEE TO YOUR DOCTOR. BUT, THESE BOOKS ARE REALLY GREAT PLACES TO START IF YOU WANT TO GET INFORMED + BE THE BEST FRIEND AND ADVOCATE FOR YOUR BODY THAT YOU CAN BE.



WOMAN CODE BY ALISA VITTI

FOR THE GIRL WHO WANTS TO LEARN ABOUT HER HORMONES + HOW TO BALANCE THEM IN A MORE HOLISTIC WAY.

BEYOND THE PILL BY DR JOLENE BRIGHTEN

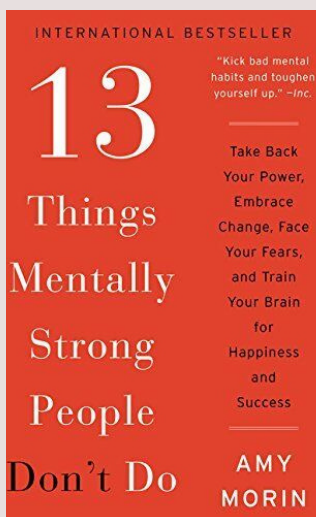


FOR THE GIRL WHO WANTS TO KNOW WHAT THE PILL ACTUALLY DOES TO HER BODY + IF ITS WORTH IT.

13 THINGS MENTALLY STRONG

PEOPLE DON'T DO

BY AMY MORIN



FOR THE GIRL WHO KNOWS HER EMOTION HEALTH + PHYSICAL HEALTH ARE INEXTRICABLY LINKED + WANTS TO INVEST IN HER BRAIN WHILE SHE SORTS OUT WHAT'S HAPPENING IN HER BODY,