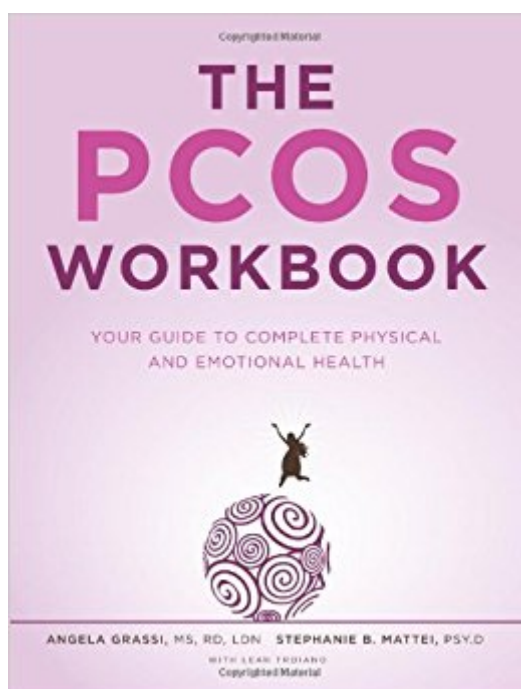


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# The PCOS Workbook: Your Guide To Complete Physical And Emotional Health



## Synopsis

The doctor said I'm insulin resistant. What does that mean? Will I ever be able to have a baby? I hate my body. Will it ever change? I try to lose the weight, but I'm hungry all the time. Why can't I just stop eating sugary, fattening foods? I don't have diabetes? Why do I have to watch my sugar intake? Why do I have hair growing everywhere and will it ever get better? I am so depressed and moody. Is this related to my PCOS? If any of these statements sound familiar, this workbook can help you! The PCOS Workbook, a practical and comprehensive guide, helps you understand not just the physiology of PCOS, but what you can do about it. Step-by-step guidelines, questionnaires and exercises will help you learn skills and empower you to make positive changes in your life that might not get rid of PCOS, but will help you live with it harmoniously: Lose weight, take control over your eating and improve your health Understand your medical treatment Improve your fertility Manage the stress in your life Be mindful with your eating and in life Challenge body image myths and insecurities Overcome obstacles to becoming more physically active Cope with the challenges of infertility ...and get closer to living the life you want to live!

## Book Information

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## Customer Reviews

I finished your PCOS workbook tonight - and wanted to applaud you for what you are doing and congratulate you for a thoughtful book. My youth was lost to PCOS - best in your ambition to preserve those special years of the girls now being diagnosed. --Tanya Alison Sears  
The PCOS Workbook is an amazing tool to partner with any patient with PCOS. My patients have really appreciated learning more about the role of stress and management of PCOS. I am so pleased an

RD has published a PCOS guidebook based on evidence based research and reality. --Judy Simon MS, RD, CD, CHESThis is a FANTASTIC book for women with PCOS! Not only is there great info but the questionnaires really got me to think about my health in a different way. Instead of just reading info on PCOS on what I should do, this book helped me to put it into practice. Definately get this book if you have PCOS! --Kate McDonaldThe PCOS Workbook is an amazing tool to partner with any patient with PCOS. My patients have really appreciated learning more about the role of stress and management of PCOS. I am so pleased an RD has published a PCOS guidebook based on evidence based research and reality. --Judy Simon MS, RD, CD, CHESThis is a FANTASTIC book for women with PCOS! Not only is there great info but the questionnaires really got me to think about my health in a different way. Instead of just reading info on PCOS on what I should do, this book helped me to put it into practice. Definately get this book if you have PCOS! --Kate McDonald

Angela Grassi, MS, RD, LDN is the author of The Dietitian s Guide to Polycystic Ovary Syndrome. As a registered and licensed dietitian, she provides nutrition counseling by phone or in-person to women with PCOS and individuals who struggle with Eating Disorders. In 2000, she won the award for excellence in graduate research from The American Dietetic Association. Having PCOS herself, Angela has been dedicated to the advocacy, education, and research of the syndrome. She provides lectures to dietitians, other health care professionals and women with PCOS across the country. Angela resides in the Philadelphia suburbs with her husband and son. For more information about nutrition for PCOS or to sign up for her free PCOS Nutrition Tips newsletter, visit [PCOSnutrition.com](http://PCOSnutrition.com). Stephanie Mattei, Psy.D. is a licensed clinical psychologist who co-founded the Center for Acceptance and Change in Bala Cynwyd, PA. She has been intensively trained in Dialectical Behavior Therapy (DBT) and teaches as adjunct faculty in the doctoral program at La Salle University in Philadelphia. She has a particular interest in working with women who struggle with Eating Disorders, PCOS, Borderline Personality Disorder, self-harm behaviors and relationship distress. Stephanie has written chapters in The Dietitian's Guide to PCOS and Psychotherapists Revealed: Therapists Speak About Self-Disclosure in Psychotherapy. Stephanie lives in the suburbs of Philadelphia with her husband and two daughters. For more information about her practice, visit [centerforacceptanceandchange.com](http://centerforacceptanceandchange.com).

There's a lot of useful and helpful information in this workbook. I appreciate the focus on how stress and mental health are impacted and how to improve these. I found the information about carbs to be especially helpful as dieticians and physicians I've seen always suggest very low carb diets which I

struggle to maintain (because I LOVE carbs). Instead, this workbook focuses on balancing carbs and making better carb choices, not cutting them out - this is something I can actually do!

I got this book in 2011, when I was first diagnosed with PCOS. I would recommend it to anyone with a new diagnosis. The workbook helps break down the illness in a way that makes it feel manageable, and that makes you feel much less helpless and alone. I think its strongest suit is the emotional aspect -- it really reduced my anxiety and sadness regarding my DX. Four years later and I'm so much healthier!

I'm a little surprised that this Workbook recommends dairy, given that dairy is on one of the most highest contributors of Insulin Growth factors there is. Was disappointed to see that....

This book was VERY helpful for me over all as it gave me insight into what to look for medically to help make sure that I am balanced hormonally. Through this workbook I have been able to be more open and educated when it comes to discussing this with my doctor. I don't know a ton about PCOS so this was a wonderful book. It has tidbits I think that would help everyone who's trying to manage their PCOS.

I have been taking medicine for PCOS for years and have worked with several excellent endocrinologists who have helped me manage my condition. However, I never really understood PCOS... how it impacted my body, how my diet and habits impact it, etc. I am naturally stubborn and pretty cantankerous when it comes to people telling me what to do, and so while I took my medication I never really did anything else to manage PCOS because I didn't know how important it really was to change my diet/exercise/habits. In the first chapter of this book, my attitude totally changed. I feel like I finally get PCOS and how it impacts me, and now know what I can do about it. It was empowering, informative, and positive. I feel like it gave me good direction, and most importantly, told me how/why my diet, medications, habits, etc. matter in managing PCOS--it was very thorough in providing rationale and presented all the information clearly. I'm not really a "workbook" person (again, cantankerous) but the way it took you through each chapter, building on the information from the previous chapter, was excellent. It's really a great, holistic resource on PCOS. My endocrinologist recommended this book to me and I would definitely recommend it to all women with PCOS.

UGH! The struggle of living with PCOS. I have found this workbook to be VERY helpful figuring out the basics. It educated me to ask my doctor more questions and be prepared with basic information. I encourage every woman struggling with this to purchase this book. My OBGYN loved it so much she now keeps a copy on hand to talk to woman about it and to encourage them to purchase it.

Love this book. I was diagnosed a few years ago and this book has been great to learn about this crappy crazy condition. I kind of had to laugh as I sat down to go through it though. It felt a little like I was sitting down to study for an exam with my pen and highlighter. :)

I rarely ever write reviews, but I value this book so much that I must write one. I simply received a phone call from my doctors office stating that I have PCOS and to keep taking birth control pills. This was all the information I received , so this workbook was truly a godsend. I feel much more confident in understanding this condition and how I can improve my situation. I love the interactive part. Many might find it annoying to have to write things down, but it made all the difference. I feel that the written aspect of this book really helped me develop a deeper understanding. I would highly suggest this book to anyone newly diagnosed with PCOS.

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Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions)  
Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional and Sexual Well-Being  
Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications  
Natural Solutions to PCOS: How to eliminate your symptoms and boost your fertility  
The Thyroid Solution: A Revolutionary Mind-Body Program for Regaining Your Emotional and Physical Health  
The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook)  
The PCOS Diet Plan: A Natural Approach to Health for Women with Polycystic Ovary Syndrome  
Insulin Resistance Alert! How To Reverse The Biggest Health Emergency You Didn't Know You Had (Diabetes, Weight Loss, Ketogenic Diet, PCOS)  
Pocket Companion for Physical Examination and Health Assessment, 6e (Jarvis, Pocket Companion for Physical Examination and Health Assessment)  
Insulin Resistance Diet Plan For Type 2 Diabetics: Your Essential Guide To Diabetes Prevention and Delicious Recipes You Can Enjoy! (Manage PCOS, Prevent Prediabetes, Maintain Low Blood Glucose)

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