



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

Gabrielle Lichterman, Scott Haltzman

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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.

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Chung England:

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