



Get a Grip! (On Your Hormones)

Making Your Hormones Work FOR You, not ON You!

Dr. Shelley Binkley had written a groundbreaking book designed to help women take control of their hormones during various stages of life. In writing her back cover copy, the first order of business was to present the problem, then convince the prospective reader that controlling one's hormones was actually possible, and finally, give them a vision of what life could be like with their hormones in check. Here's what we came up with...

(NOTE: At press time, the book's publication had been delayed; hence, the copy on the next page isn't in final book cover layout...)

Hijacked by your hormones?

Do your mind and body run wild in a soup of irritability, anxiety, and tears?

Tired of being at the mercy of physical forces *seemingly* out of your control?

Believe it or not, you really CAN Get a Grip! on Your Hormones!

Good news: You have far more control over your hormones than you'd ever imagine. It all starts with understanding how your body's chemicals work and how they relate to your brain chemistry. Dr. Shelley Binkley has studied hormones up close and from two sides – her own and in working with thousands of women over the past two decades. Blending these two sets of experiences with leading-edge science, she offers up good news for anyone who's ever felt sabotaged by the own bodies:

You're *not* powerless against your hormones.

In fact, you can actually transform your body's chemicals from life-defining to life-enhancing. Dr. Binkley's radical new approach to hormone management integrates the power of proven, innovative medical knowledge – traditional *and* alternative – with diet, nutritional supplements, exercise and lifestyle. In the process, you'll transform those trying "transitions" into true quality of life.

Whether it's adolescence, PMS, pregnancy, post-partum, perimenopause or menopause, the issues you face share the same physical cause. In *Get a Grip!*, you'll take advantage of the author's experience and *double insider's* view, and in the process, discover a system to understand and navigate the ups and downs of life's hormonal transitions.

The result? Enhanced mental function, passion, and creativity, fewer highs and lows, less anxiety, more effective interpersonal relationships, and more fun!

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Price 19.95 USD

www.drshelleybinkley.com