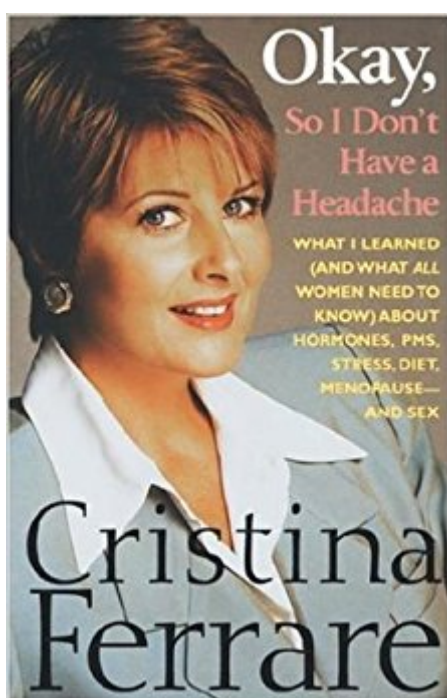


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# Okay, So I Don't Have A Headache: What I Learned (and What All Women Need To Know) About PMS, Hormones, Stress, Diet, Menopause--and Sex



## Synopsis

Christina Ferrare shocked the country-and herself!-when she revealed something very personal on her live talk show, Home and Family-that over the last few years she had experienced a lack of sexual desire. Her revelation prompted appearances on Oprah and Dateline NBC, and she began to hear from hundreds of women who described their own experiences and were glad to know that they were not alone. Based on information from her own doctors and other medical experts and authoritative sources, *Okay, So I Don't Have a Headache* helps women understand their own bodies and begin to find answers for themselves. Ferrare talks about nutrition, stress, and sexual desire, dealing with the symptoms of menopause and PMS, and how diet, exercise, and relaxation rituals work to keep the body in balance. The book also includes Ferrare's own recipes designed to help out-of-whack hormones.

## Book Information

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## Customer Reviews

“Christina Ferrare has opened a Pandora's box and exposed our shared secrets: We're not perfect, we get PMS, we gain weight, and yes, we even lose the desire to make love to our partners. Her personal odyssey and discover will help women stop looking for excuses and begin to take charge.”  
—Judith Reichman, M.D., author of *I'm Not in the Mood: What Every Woman Should Know About Improving Her Libido*

Christina Ferrare, a former supermodel, has appeared on and hosted numerous television shows.

The mother of four, stepmother of three, and grandmother of one, Christina lives in Los Angeles with her husband and two of their daughters.

I am a huge fan of Cristina's and her book is excellent.

Christina Ferrare talks about the stuff we need to know when we hit a certain u'hm, age. SO glad i found it when i did. WEll written, well done.

I'm a man who saw this, agreed with it and bought it for a customer, friend of mine. I can't get over all the bad reviews on this book! Don't you know that a diet has a lot to do with what goes on in a human body, especially in this area? Doctors have been saying this for years, yet many readers condemn this book because "it's a cookbook." You are missing the point, and I can only assume you are still having the same problem, because you don't have an open mind about this. This is more than just a cookbook. The author has told her side of the story by relating how she solved her low libido. That's what this book is about. Hello??? There aren't that many women who are willing to do what she has done in order to make their mates happy, and to also make themselves happy. She has done this, in part, by changing her diet and exercising more. She has also pointed out, more than once, that every human body is different, and what may work for her, may not work for you. She has also clearly stated that seeing a doctor is a must. So, for those who disagreed with this book...did you actually read it??? I gave this to a friend of mine who wanted common-sense solutions to her low libido. She changed her diet, started exercising and finally got off her duff to go see a doctor. She got her libido back, in part, because of this book. She likes this book, and it has helped me better understand what women go through, and their solutions for it. My friend's doctor also agreed that having a healthier diet and more exercise can help a low libido greatly. This is a book worth reading. This is one of the books on this subject that I recommend to my customers. I'm Not In The Mood; What Every Woman Should Know About Improving Her Low Libido is another must read. Perry Rose, author of I love You...Will You Marry Me?!

I couldn't stand her writing style. It was too chummy, too showy. At the end, i really didn't have all that great of a message to take home. For a better understanding of the tumultuous landscape of your hormones at certain times in your life, there are excellent books up there (for example, A Woman's Book of Life by Joan Borysenko). This one, written by a quasi-celebrity, didn't seem useful to me.

Ms. Ferrare writes of her menopausal trials, tribulations and the solutions she found for herself. I applaud her candor but she does not offer much in the way of helpful information that can be applied to the rest of us. Don't waste your time with this one.

This book has so little helpful information in it, that almost any woman could have written. What about the fabulous cream that she has touted for so long? We never learned much about that. It makes me angry that I just made her a little richer with my hard earned dollars for no new information. One star isn't low enough!

This book was very helpfull to me in many ways. I better understand women now, and are more sensitive to their personal needs, both physically and emotionally. Not that I didn't before, but I am now more comforatable with my knowledge on the subject, and I wish my girlfriend would read this book!!!

I'd just like to agree with those who felt this is a slight book without much content.

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