



# The PCOS Workbook: Your Guide to Complete Physical and Emotional Health

*Angela Grassi, Stephanie Mattei*

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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!

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