

Get Free The Sexy Years Discover Hormone Connection Secret To Fabulous Sex Great Health And Vitality For Women Men Suzanne Somers

Eventually, you will extremely discover a new experience and endowment by spending more cash. yet when? attain you assume that you require to get those every needs later than having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to comprehend even more in this area the globe, experience, some places, next history, amusement, and a lot more?

It is your completely own times to deed reviewing habit. in the midst of guides you could enjoy now is **The Sexy Years Discover Hormone Connection Secret To Fabulous Sex Great Health And Vitality For Women Men Suzanne Somers** below.

KEY=TO - LEWIS HAMILTON

THE SEXY YEARS

DISCOVER THE NATURAL HORMONE CONNECTION : THE SECRET TO GREAT HEALTH, FABULOUS SEX, AND VITALITY IN THE SECOND HALF OF LIFE

THE SEXY YEARS

DISCOVER THE HORMONE CONNECTION : THE SECRET TO FABULOUS SEX, GREAT HEALTH, AND VITALITY FOR WOMEN AND MEN

Crown Encourages women to explore options in natural hormone replacement in order to bolster health, sex drive, weight loss, and vitality in the second half of life, and offers insight into the concept of male menopause.

AGELESS

THE NAKED TRUTH ABOUT BIOIDENTICAL HORMONES

Harmony Can you really feel better as you get older? Is aging without illness possible? Is your own internal fountain of youth waiting to be discovered? Yes, yes, and YES! says Suzanne Somers, the bestselling author of The Sexy Years. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in Ageless, Suzanne introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases. Suzanne talks about: • How antiaging medicine can help detox the body of harmful pollutants and chemicals and strengthen our weakest glands and organs • The dangers of perimenopause and how women can treat it • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one • How andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT • The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy In this “antiaging bible,” Suzanne brings together prominent, Western-trained antiaging doctors to show how the traditional medical approach is woefully inadequate. Its standard of care has been to treat all symptoms with drugs, but in Ageless you will find out how this approach does not make us better. With antiaging medicine you can heal your body rather than keep a chronic condition at bay with drugs. Ageless shows you how to keep your “insides” young, and how this manifests on the outside.

THE HORMONE SECRET

DISCOVER EFFORTLESS WEIGHT LOSS AND RENEWED ENERGY IN JUST 30 DAYS

Simon and Schuster "Tami offers [a] ... thirty-day plan to restore healthy levels of testosterone and balance the relative levels of other hormones, based on lifestyle modifications such as supplements and nutritional adjustments. She also offers her Mediterranean Diet-based meal plan and low-impact exercise ideas that [may help] boost your energy"--
Amazon.com.

SUZANNE SOMERS' SLIM AND SEXY FOREVER

THE HORMONE SOLUTION FOR PERMANENT WEIGHT LOSS AND OPTIMAL LIVING

Crown Draws on the latest medical and nutritional research to present an effective approach to losing weight and balancing hormones for optimal health and vitality, without the damage created by the long-term effects of a low carbohydrate diet.

I'M TOO YOUNG FOR THIS!

THE NATURAL HORMONE SOLUTION TO ENJOY PERIMENOPAUSE

Harmony Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

MASTER YOUR METABOLISM

THE 3 DIET SECRETS TO NATURALLY BALANCING YOUR HORMONES FOR A HOT AND HEALTHY BODY!

Harmony Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After “fixing” her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In Master Your Metabolism, discover how to: • REMOVE “anti-nutrients” from your diet • RESTORE foods that speak directly to fat-burning genes • REBALANCE energy and your hormones for effortless weight loss Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat “power nutrient” foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

SUZANNE SOMERS' EAT GREAT, LOSE WEIGHT

EAT ALL THE FOODS YOU LOVE IN "SOMERSIZE" COMBINATIONS TO REPROGRAM YOUR METABOLISM, SHED POUNDS FOR GOOD, AND HAVE MORE ENERGY THAN EVER BEFORE

Crown “Life’s best memories come from around the table. This is why I love Suzanne’s book. If people follow her suggestions, they will learn to enjoy food again, which is a great gift.”—Pino Luongo, author of A Tuscan in the Kitchen No one knows the self-denial—and the failure rate—of dieting better than Suzanne Somers. The Three’s Company and Step-by-Step star struggled with her weight for twenty years. But now, after years of experimentation and consultation with more than one hundred nutritionists and dietitians, Suzanne has developed a weight-loss plan that truly succeeds. With over a hundred recipes for great-tasting creative and traditional dishes, Eat Great, Lose Weight will help you free yourself from food cravings, get off the diet roller coaster, and learn to love food again. You won’t believe how easy it is to look and feel your best!

LOSE WEIGHT WITHOUT DIETING OR WORKING OUT

DISCOVER SECRETS TO A SLIMMER, SEXIER, AND HEALTHIER YOU

Simon and Schuster Discover the surprising secrets that will help you lose weight fast and keep it off—without dieting or exercise—with this #1 national bestseller from the author of the healthy living bible, 10-Day Green Smoothie Cleanse! Want to lose weight without counting calories, starving yourself, or giving up your favorite foods? Would you like to look and feel younger and healthier than ever without crash diets or exhausting exercise? Then this book is for you! JJ Smith’s breakthrough weight-loss solution can help you shed pounds fast by detoxifying your body, balancing your hormones, and speeding up your metabolism. You’ll learn how toxins slow your metabolism and why sugar and starch hinder permanent weight loss. You’ll also come to a keen understanding of which foods help you stay slim and which foods cause you to get fat so you can finally get off the rollercoaster ride of weight loss/weight gain and stay slim for life! You will learn how to: -Detoxify your body for fast weight loss -Drop pounds and inches fast, without grueling workouts or starvation -Lose up to fifteen pounds in the first three weeks -Shed unwanted fat by eating foods you love, including carbs -Get rid of stubborn belly fat -Eat foods that give you glowing, radiant skin -Use green smoothies to detox -Trigger your six fat-burning hormones to lose weight effortlessly -Eat so you feel energetic and alive every day -Get physically active without exercising In a bonus chapter, JJ provides an all-new green smoothie recipe and tips for using her famed 10-Day Green Smoothie Cleanse to jump start the healthier

eating and weight loss plan outlined in Lose Weight Without Dieting or Working Out. This is your last stop on the way to a new fit and healthy you! Create your best body—NOW!

FOCUS ON: 100 MOST POPULAR AMERICAN AUTOBIOGRAPHERS

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TOX-SICK

FROM TOXIC TO NOT SICK

Harmony "It's as if we are all on a big, chemical drunk, and the hangover is a killer." --Suzanne Somers, in TOX-SICK Pioneering health and wellness advocate, Suzanne Somers, delivers a powerful answer in this expose on the immediate and long-term dangers of living in a world that has become increasingly toxic to our health. The build-up of toxins in our bodies can lead to myriad health concerns -- including weight gain, food allergies, brain disorders, cancer, among many others. Moved to investigate by her own family's plight, Suzanne sits down with environmental doctors and specialists who share eye-opening information and practical advice for how to survive, thrive, and stay healthy today. In Tox-Sick you'll learn how to effectively detox all your body's systems and the different survival skills that can save your life, from top experts in the field, including: - Dr. Sherry Rogers, an environmental doctor for over 40 years, shares the truth about detoxification--and where you will likely be if you don't take it seriously. - Dr. Nicholas Gonzales shares where cancer comes from and how to manage it by detoxifying the liver and supplementing with enzymes. - Dr. Ritchie Shoemaker alerts you to mold toxicity, the newest threat to your brain and wellbeing...and just what to do to fight for your health. - Dr. Walter Crinnion teaches what everyday objects to avoid and the simple diet and lifestyle shifts to clean up your health and home in mere weeks - Dr. Stephen Sinatra, America's leading integrative cardiologist, explains that we have been approaching heart disease all wrong: a healthy gut, detoxed body, and quality fats are each crucial and cardioprotective. - Dr. Gary Gordon shares new protocols for removing toxic lead from the body, as well as ways to keep the most important gland in your body, the thyroid, clean and healthy. From diet and supplement advice to coconut oil cleanses, everything you need to live clean and enjoy great health is in your hands.

FROM HORMONE HELL TO HORMONE WELL

STRAIGHT TALK WOMEN (AND MEN) NEED TO KNOW TO SAVE THEIR SANITY, HEALTH, AND—QUITE POSSIBLY—THEIR LIVES

Simon and Schuster For much too long the traditional medical community has ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance. Now, a world-renowned expert explains a safer and more natural approach to treating hormone-related conditions like PMS, weight gain, mood swings, and hot flashes. The controversy continues to rage like hormones: The safety and efficacy of synthetic hormone replacement therapies (HRT) versus human-identical hormones. In this second edition of the widely successful guide From Hormone Hell to Hormone Well, world-renowned physician expert, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the continual promotion by the pharmaceutical industry--and the physicians they have brainwashed--of dangerous synthetic hormones. In this hard-hitting book, Dr. Randolph and Ms. James expose the shocking truth that for decades, whenever most women have complained to their doctor about menopausal symptoms, the traditional approach treatment has put both their health and their lives at risk. As a board certified gynecologist who has treated women with hormone balances for over a decade, Dr. Randolph contends that there is--and has been--a safe and effective alternative to synthetic hormones: Bio-identical hormone replacement therapy (BHRT). Hormone Hell to Hormone Well shows readers how to: Eradicate a "one-size-fits-all" approach to HRT and empower women to discover and maintain her 'hormonal equilibrium' through her changing lifecycle Understand the new breakthroughs and discoveries in human-identical hormone therapy Naturally replace the hormones that have decreased with age--with the science that supports the health benefits of biidentical hormone therapy Enjoy vast improvements in mental and emotional health as well as resolving physical issues, including weight gain, depression, osteoporosis, hot flashes, low sex drive, and fatigue

IN DEFENSE OF ELITISM

WHY I'M BETTER THAN YOU AND YOU ARE BETTER THAN SOMEONE WHO DIDN'T BUY THIS BOOK

Grand Central Publishing From Thurber finalist and former star Time columnist Joel Stein comes a "brilliant exploration" (Walter Isaacson) of America's political culture war and a hilarious call to arms for the elite. "I can think of no one more suited to defend elitism than Stein, a funny man with hands as delicate as a baby full of soft-boiled eggs." —Jimmy Kimmel, host of Jimmy Kimmel Live! The night Donald Trump won the presidency, our author Joel Stein, Thurber Prize finalist and former staff writer for Time Magazine, instantly knew why. The main reason wasn't economic anxiety or racism. It was that he was anti-elitist. Hillary Clinton represented Wall Street, academics, policy papers, Davos, international treaties and the people who think they're better than you. People like Joel Stein. Trump represented something far more appealing, which was beating up people like Joel Stein. In a full-throated defense of academia, the mainstream press, medium-rare steak, and civility, Joel Stein fights against populism. He fears a new tribal elite is coming to replace him, one that will fend off expertise of all kinds and send the country hurtling backward to a time of wars, economic stagnation and the well-done steaks doused with ketchup that Trump eats. To find out how this shift happened and what can be done, Stein spends a week in Roberts County, Texas, which had the highest percentage of Trump voters in the country. He goes to the home of Trump-loving Dilbert cartoonist Scott Adams; meets people who create fake news; and finds the new elitist organizations merging both right and left to fight the populists. All the while using the biggest words he knows.

SEXY FOREVER

HOW TO FIGHT FAT AFTER FORTY

Harmony A guide to help women stay fit and healthy over the age of 40 outlines a program to purge toxins from the body, balance hormones and lose weight through a combination of exercise, nutritional supplements and an eating plan. Reprint.

THE HORMONE DIET

A 3-STEP PROGRAM TO HELP YOU LOSE WEIGHT, GAIN STRENGTH, AND LIVE YOUNGER LONGER

Rodale Outlines a three-step program designed to correct hormonal imbalances for potential health benefits, explaining how to identify problem areas in order to address such challenges as weight gain, insomnia, and mood disorders.

THE INTERSECTION OF STAR CULTURE IN AMERICA AND INTERNATIONAL MEDICAL TOURISM

CELEBRITY TREATMENT

Lexington Books The Intersection of Star Culture in America and International Medical Tourism: Celebrity Treatment argues that celebrity cases and media content drive awareness of medical tourism among Americans at a time when the medical system is under intense scrutiny. By popularizing international sites for treatment, procedures not available in the US, and different approaches to patient care, media narratives present options for health care, triggering dialogue on one of America's most important human welfare issues.

FROM BELLY FAT TO BELLY FLAT

HOW YOUR HORMONES ARE ADDING INCHES TO YOUR WAIST AND SUBTRACTING YEARS FROM YOUR LIFE -- THE MEDICALLY PROVEN WAY TO RESET YOUR METABOLISM AND RESHAPE YOUR BODY

Simon and Schuster Weight-loss research shows that the average person will add 1 to 2 pounds around their abdomen each year between the ages of 35 and 55 without changing their eating or exercise habits. Noted expert Dr. C.W. Randolph explains why: "estrogen dominance," a natural shift in hormone production that begins at age thirty, which causes weight gain and sabotages the most steadfast attempts at shedding it. Even worse, estrogen places the added weight around the middle, which has a negative impact both aesthetically and medically. Once estrogen dominance has taken hold, it creates a vicious cycle: fat cells will produce even more estrogen, which then biochemically predisposes the body to add on even more pounds. Here, Dr. Randolph introduces the three-step plan he's used with success in thousands of patients. In simple language, Dr. Randolph lays out the facts about bioidentical hormones and explains what foods and supplements guard against or reverse estrogen dominance. He also shares client success stories and presents practical eating plans, recipes, and shopping guides to put the advice into practice.

SCARY DIAGNOSIS

Scary Diagnosis -Alan Geller

FINDING THE FOUNTAIN OF YOUTH: THE SCIENCE AND CONTROVERSY BEHIND EXTENDING LIFE AND CHEATING DEATH

ABC-CLIO Separating truth from hype, this book introduces readers to the topic of life extension in a holistic manner that provides scientific, historical, and cultural perspectives. • Examines the topic of extending human life in a holistic, unbiased manner, exploring the subject from a variety of perspectives and contexts • Provides readers with additional insights into current controversies and debates related to the subject • Includes sidebars that offer additional high-interest, ready-reference content as well as a list of resources, a bibliography, and an index

HOW TO TALK WITH YOUR DOCTOR

EASYREAD SUPER LARGE 18PT EDITION

[ReadHowYouWant.com](#) **How to Talk with Your Doctor** is a book for patients and doctors alike. It arms patients with the tools and knowledge they need to communicate better with physicians about using the best high-tech and alternative treatments while also helping doctors balance their skepticism of complementary and alternative approaches with open-mindedness.

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SUZANNE SOMERS' FAST AND EASY

LOSE WEIGHT THE SOMERSIZE WAY WITH QUICK, DELICIOUS MEALS FOR THE ENTIRE FAMILY!

[Harmony](#) The best-selling author of *Eat, Cheat, and Melt the Fat Away* presents one hundred all-new recipes for delicious, easy-to-prepare, and healthful dishes, all of which can be prepared in thirty minutes or less. Reprint. 250,000 first printing.

BOOKS

THE QUICK AND EASY WAY TO SELECT THE BEST

[iUniverse](#) **BOOKS: The Quick and Easy Way to Select the Best** will guide you to the "Best" books published during the first three years of the 21st century. Titles were drawn from: bestseller lists published by the traditional media, "top sellers" from major online booksellers, award-winning books, books recommended by book clubs and books recommended by national television/radio personalities. Designed for adult readers, many titles would also be suitable reading for high school and middle school students. **BOOKS** has three sections. Sections I and II include bestsellers cited in print and electronic sources. Section III focuses on other useful sources that will help you find "Best" books: Book and Media Vendors Online, Television/Radio Programs, Book Awards and Book Clubs. Equipped with **BOOKS** you can go to your local bookstore, library, retail store or online with specific titles in mind. The choices you make will suit your interests and needs; the time you save will be yours. Number of bestsellers cited-635 Number of fiction bestsellers-363 Number of nonfiction bestsellers-272 Mysteries-the most populated fiction category-101 U.S. Government, politics-the most populated nonfiction category-34

SEX AND THE HEART

ERECTILE DYSFUNCTION'S LINK TO CARDIOVASCULAR DISEASE

[Addicus Books](#) Analyzing a dysfunction that affects nearly half of all men in the United States between the ages of 40 and 70, this study presents the most current information on erectile dysfunction (ED). Confronting the all-too-popular conception that ED is an isolated problem, this overview reveals that erectile dysfunction can in fact be a symptom of underlying cardiovascular disease. Based on 20 years of medical experience, this investigation explains the importance of a proper evaluation, depending on specific symptoms. Ideal treatments are also covered, including Viagra, Levitra, Cialis, penile injections and implants, testosterone gels, intraurethral medications, vacuum pumps, and constriction rings.

MOODS, EMOTIONS, AND AGING

HORMONES AND THE MIND-BODY CONNECTION

[Rowman & Littlefield Publishers](#) **Hormone Replacement Therapy** is vital for women, and there is a lot of confusion about it in both the medical community and among women. This book presents the science behind bio-identical hormones and describes why these hormones are so important for women, especially at midlife.

A NEW WAY TO AGE

THE MOST CUTTING-EDGE ADVANCES IN ANTIAGING

[Gallery Books](#) At seventy-three years young, #1 New York Times bestselling author and health guru Suzanne Somers has established herself as a leading voice on antiaging. With *A New Way to Age*, she "is at the forefront again, bringing seminal information to people, written in a way that all can understand" (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you've just had the best checkup ever. There is a new way to age. I'm doing it and it's the best decision I've ever made. I love this stage of my life: I have 'juice,' joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and "the big three": heart disease, cancer, and Alzheimer's disease. But you don't have to accept this fate. Now there's a new way to grow older—with vibrancy, freedom, confidence, and a rockin' libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

YOUR BODY BEAUTIFUL

CLOCKSTOPPING SECRETS TO STAYING HEALTHY, STRONG, AND SEXY IN YOUR 30S, 40S, AND BEYOND

[Penguin](#) The popular medical correspondent challenges women to reinvent their health and wellness routines, and make midlife their most vibrant years yet. Demi Moore, Cameron Diaz, Courteney Cox, and the list goes on. The world is realizing that a woman's thirties and forties can be the most beautiful, energetic, and passionate time of her life. Today's women can maximize this stage- and lay the foundation for optimal health and well-being. Dr. Jennifer Ashton embodies this philosophy and wants to help you enjoy these often overlooked years and feel and look your absolute best. Dr. Ashton's passion, warmth, and wit have made her America's fastest-rising women's health expert and medical correspondent. Here, she outlines a powerful approach to health care that can help you unleash new energy, strength, and sexiness. Integrating the latest scientific research, she has created a five-part plan, including: A simple eating plan, tailored to keep energy high and your weight healthy for your changing metabolism A high-powered fitness program to help you work out harder in less time Stress-reduction techniques and simple strategies for relaxation An effective, step-by-step sleep plan Prevention advice for reducing your risk of heart disease, cancer, and other potentially fatal ailments Authoritative yet written in a friendly, girlfriend-to-girlfriend voice, *Your Body Beautiful* and its transformative strategies will help you look and feel younger, stronger, and more vibrant than ever.

PERFECT BALANCE

DR. ROBERT GREENE'S BREAKTHROUGH PROGRAM FOR FINDING THE LIFELONG HORMONAL HEALTH YOU DESERVE

[Random House Large Print](#) Drawing on his research into the hormone-brain connection, the renowned hormone specialist explains the role of hormones at every stage of a woman's life and demonstrates how diet, exercise, and mind-centering techniques can alleviate and often eliminate common hormonal imbalances. (Health & Fitness)

SEXY HORMONES

UNLOCKING THE SECRETS TO VITALITY

Markham, Ont. : Fitzhenry & Whiteside **Sexy Hormones** is the first book to explain when and how to use bioidentical hormones safely and effectively to eliminate hormonal health problems and get that zest back in your life. This book teaches you how to balance your sexy hormones, including estrogen, progesterone, testosterone and DHEA so you feel vibrant! *Sexy Hormones* is packed with simple, honest advice on how to achieve or regain lost passions. Lorna and Dr. Pettie explain why the "little blue pill" for our men is of little use when the women have lost their sex drives because of hormonal problems, too much stress, inadequate nutrition and more.

THE SECRET FEMALE HORMONE

[Hay House, Inc](#) You know the experiences all too well. You can't sleep, so you start your day feeling exhausted. Seemingly overnight, you can't remember names, places, appointments—things you could previously recite at the drop of a hat. You want to be more active, but you have zero energy for that. And sex? Forget it! By now, you've probably

been told this is "normal," or that it's the "natural" course of aging. And you might even believe it, because so many women approaching midlife have the exact same symptoms. In fact, millions of women worldwide are undiagnosed and untreated for hormone deficiency. As one of the country's leading experts on hormonal balance—and as a woman who experienced these symptoms herself—Dr. Kathy Maupin has identified a debilitating and overlooked health condition: testosterone deficiency syndrome, or TDS. Most people associate testosterone with men, but it's one of the most vital hormones in women, and one of the first hormones that women begin to lose as they enter their 40s. And Dr. Maupin's own research has shown that the symptoms of aging—fatigue, memory loss, moodiness, low libido, and so much more—are initiated and accelerated by testosterone loss. In this book, Dr. Maupin and therapist Brett Newcomb show how testosterone replacement can radically improve your life. They share the history and background of hormone replacement therapy, the latest research on treatment options, as well as:

- Tips for dealing with mood swings, changes in sex drive, and maintaining healthy relationships
- Surprising information on the long-term effects and health risks of testosterone loss
- Common myths and misconceptions regarding estrogen and testosterone replacement therapy
- Questionnaires throughout to help you determine your individual hormone deficiencies
- Real stories and personal experiences Dr. Maupin's patients share

Clear, practical, and easy-to-use, this authoritative guide sheds light on the importance of testosterone and will help you reclaim your physical, mental, emotional, and spiritual health.

HORMONAL

THE HIDDEN INTELLIGENCE OF HORMONES -- HOW THEY DRIVE DESIRE, SHAPE RELATIONSHIPS, INFLUENCE OUR CHOICES, AND MAKE US WISER

[Little, Brown](#) The hidden intelligence of hormones and their role in empowering women to succeed sexually, reproductively, and socially. Did you know women walk more, eat less, socialize more, meet more men, dance more, and flirt more when they're ovulating? Or that PMS may have evolved to get rid of boyfriends with unfit sperm? Behind the "fickle" differences in what women find sexy about men, or what they like to wear, there's a hidden adaptive intelligence that has been shaped over eons. In this provocative and paradigm-shattering book, Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, takes a deep, revealing look at the biological processes that so profoundly influence our behavior and sets forth a radical new understanding of women's bodies, minds, and sexual relationships, one that embraces hormonal cycles as adaptive solutions to genuine biological challenges. At the core of Haselton's new Darwinian feminism is her remarkable discovery that humans, like our animal cousins, possess a special phase of sexuality, called estrus, which comes with a host of physiological and behavioral changes. Rigorously researched, entertaining, and empowering, *Hormonal* offers women deep new insights into their bodies, brains, relationships, and affairs, allowing them to make better-informed choices about sex, marriage, friendship, contraception, and more. Above all, *Hormonal* is a clarion call to appreciate and embrace the genius of female biology.

THE INVISIBLE ORIENTATION

AN INTRODUCTION TO ASEXUALITY * NEXT GENERATION INDIE BOOK AWARDS WINNER IN LGBT *

[Simon and Schuster](#) Lambda Literary Award 2014 Finalist in LGBT Nonfiction Foreword Reviews' INDIEFAB Book of the Year Award 2014 Finalist in Family & Relationships Independent Publisher Book Awards 2015 (IPPY) Silver Medal in Sexuality/Relationships Next Generation Indie Book Awards 2015 Winner in LGBT -- What if you weren't sexually attracted to anyone? A growing number of people are identifying as asexual. They aren't sexually attracted to anyone, and they consider it a sexual orientation—like gay, straight, or bisexual. Asexuality is the invisible orientation. Most people believe that "everyone" wants sex, that "everyone" understands what it means to be attracted to other people, and that "everyone" wants to date and mate. But that's where asexual people are left out—they don't find other people sexually attractive, and if and when they say so, they are very rarely treated as though that's okay. When an asexual person comes out, alarming reactions regularly follow; loved ones fear that an asexual person is sick, or psychologically warped, or suffering from abuse. Critics confront asexual people with accusations of following a fad, hiding homosexuality, or making excuses for romantic failures. And all of this contributes to a discouraging master narrative: there is no such thing as "asexual." Being an asexual person is a lie or an illness, and it needs to be fixed. In *The Invisible Orientation*, Julie Sondra Decker outlines what asexuality is, counters misconceptions, provides resources, and puts asexual people's experiences in context as they move through a very sexualized world. It includes information for asexual people to help understand their orientation and what it means for their relationships, as well as tips and facts for those who want to understand their asexual friends and loved ones.

BREAKTHROUGH

EIGHT STEPS TO WELLNESS

[Harmony](#) Life-Altering Secrets from Today's Cutting-Edge Doctors and the #1 New York Times Bestselling Author of *Ageless* Today's most trusted advocate of antiaging medicine, Suzanne Somers, deepens her commitment to helping people lead healthier, happier lives by opening their eyes to cutting-edge, proven remedies and preventative care that most doctors just aren't talking about with patients: longevity medicine and the more progressive study of bioidentical hormones. As we age, certain hormones diminish, creating an imbalance that can set off everything from perimenopause to cancer, beginning as early as our thirties. This hormonal imbalance is causing many to feel depressed, anxious, fatigued, sexless, sleepless, and ultimately ill, sometimes even terminally. What's more, Somers and twenty doctors in the field of antiaging medicine argue that the processed chemicals in foods and pharmaceuticals we ply ourselves with are actually slowly eroding our bodies and minds. So we're getting slammed twice. From estrogen dominance to deceptive thyroid problems, people are suffering, and most don't have access to the treatment they truly need to get better and thrive . . . until now. *Breakthrough* explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights that she wants you, too, to experience.

THE HORMONE FIX

BURN FAT NATURALLY, BOOST ENERGY, SLEEP BETTER, AND STOP HOT FLASHES, THE KETO-GREEN WAY

[Ballantine Books](#) "The Hormone Fix introduces Dr. Cabeca's unique Keto-Green protocol, a plan that pairs the hallmarks of ketogenic (low-carb/high fat) eating with diet and lifestyle changes that bring the body's cellular pH to a healthy alkaline level ... Whether you are perimenopausal, menopausal, or postmenopausal, The Hormone Fix offers an easy-to-follow program, including A 10-day quick-start detox diet to jump-start weight loss and reduce symptoms immediately"--

YOUNGER

A BREAKTHROUGH PROGRAM TO RESET YOUR GENES, REVERSE AGING, AND TURN BACK THE CLOCK 10 YEARS

[HarperCollins](#) NEW YORK TIMES BESTSELLER The New York Times bestselling author of *The Hormone Cure* and *The Hormone Reset Diet* shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent but it doesn't come with a lifetime warranty, or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, M.D. has created a revolutionary 7-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried identifies and builds this book around the five-key factors that lead to accelerated aging -the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Younger increases not only your lifespan, but also your healthspan. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

AGE HEALTHIER LIVE HAPPIER

Tired of being overmedicated by drugs that reduce your quality of life? Concerned about medical illnesses that you are at risk for as you age? Ready to explore the life-saving benefits of bio-identical hormone optimization? Finally! *Age Healthier, Live Happier* show you the path to the balanced life women and men are searching for! Reduce your use of antidepressants, diet pills, statins, pain medications, and synthetic hormones. Reverse the course of heart disease, diabetes, obesity, fibromyalgia, arthritis, and high cholesterol. Lower your risk for Alzheimer's disease breast cancer, osteoporosis and prostate cancer.

TOX-SICK

FROM TOXIC TO NOT SICK

[Harmony](#) The best-selling author of *Bombshell* draws on interviews with cutting-edge doctors in the fields of environmental medicine and integrative health to cite the roles of toxins in poor health and make recommendations for detoxifying the home and body.

THE HORMONE SOLUTION

NATURALLY ALLEVIATE SYMPTOMS OF HORMONE IMBALANCE FROM ADOLESCENCE THROUGH MENOPAUSE

[Grand Central Publishing](#) In this work, Dr Erika Schwartz shares her proven programme to help women prevent, reduce and even eliminate the symptoms of hormone imbalance naturally.

THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK

[Harmony](#) Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

LISTEN TO YOUR HORMONES

A DOCTOR'S GUIDE TO SEX, LOVE AND HORMONES-ESPECIALLY FOR MEN

[WellnessMD Publications](#) Information on how hormones work and what men can do to listen to their hormones. Sections on erections and libido, sexual preference, effects of light on hormone regulation and depression and erectile dysfunction.