



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

By 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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Editorial Review

Review

I finished your PCOS workbook tonight - and wanted to applaud you for what you are doing and congratulate you for a thoughtful book. My youth was lost to PCOS - best in your ambition to preserve those special years of the girls now being diagnosed. --Tanya Alison Sears

The PCOS Workbook is an amazing tool to partner with any patient with PCOS. My patients have really appreciated learning more about the role of stress and management of PCOS. I am so pleased an RD has published a PCOS guidebook based on evidence based research and reality. --Judy Simon MS, RD, CD, CHES

This is a FANTASTIC book for women with PCOS! Not only is there great info but the questionnaires really got me to think about my health in a different way. Instead of just reading info on PCOS on what I should do, this book helped me to put it into practice. Definately get this book if you have PCOS! --Kate McDonald

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About the Author

Angela Grassi, MS, RD, LDN is the author of The Dietitian's Guide to Polycystic Ovary Syndrome. As a registered and licensed dietitian, she provides nutrition counseling by phone or in-person to women with PCOS and individuals who struggle with Eating Disorders. In 2000, she won the award for excellence in graduate research from The American Dietetic Association. Having PCOS herself, Angela has been dedicated to the advocacy, education, and research of the syndrome. She provides lectures to dietitians, other health care professionals and women with PCOS across the country. Angela resides in the Philadelphia suburbs with her husband and son. For more information about nutrition for PCOS or to sign up for her free PCOS Nutrition Tips newsletter, visit PCOSnutrition.com. Stephanie Mattei, Psy.D. is a licensed clinical psychologist who co-founded the Center for Acceptance and Change in Bala Cynwyd, PA. She has been intensively trained in Dialectical Behavior Therapy (DBT) and teaches as adjunct faculty in the doctoral program at La Salle University in Philadelphia. She has a particular interest in working with women who struggle with Eating Disorders, PCOS, Borderline Personality Disorder, self-harm behaviors and relationship distress. Stephanie has written chapters in The Dietitian's Guide to PCOS and Psychotherapists Revealed: Therapists Speak About Self-Disclosure in Psychotherapy. Stephanie lives in the suburbs of Philadelphia with her husband and two daughters. For more information about her practice, visit centerforacceptanceandchange.com.

Users Review

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Jackie Lafond:

This The PCOS Workbook: Your Guide to Complete Physical and Emotional Health book is not really ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book will be information inside this publication incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This particular The PCOS Workbook: Your Guide to Complete Physical and Emotional Health without we realize teach the one who studying it become critical in pondering and analyzing. Don't be worry The PCOS Workbook: Your Guide to Complete Physical and Emotional Health can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it within your lovely laptop even cell phone. This The PCOS Workbook: Your Guide to Complete Physical and Emotional Health having fine arrangement in word along with layout, so you will not feel uninterested in reading.

Michelle Wilson:

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Jenny Perez:

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Marvin Ober:

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