



From Pre-Menstrual Syndrome (PMS) to Positive Mental Attitude (Pma): A Change Management Guide for Women (and Their Men) (Paperback)

By Nola Hennessy

Serenidad Consulting Pty Ltd, 2013. Paperback. Condition: New. Edition 1, Refreshed in 2016 ed.. Language: English . Brand New Book ***** Print on Demand *****. The multi award-winning, sequel and companion book to No Boxing Allowed, this compassionate and easy-to-read Change Management Guide for Women (and their Men) has already won 6 awards across the USA during 2012 and 2013. From Pre-Menstrual Syndrome to Positive Mental Attitude is written by the woman who s been there, found the cure and lived through the continual self-testing and validation in order to show women and men around the globe the very bright light at the end of the proverbial tunnel! Nola blows the myths of Pre-Menstrual Syndrome (PMS) and that women and men think differently right out of the water. Readers are challenged to manage change; shown the real cause of PMS and how to recognize, remove and grow beyond self-imposed barriers, and destructive behaviors and attitudes; focused positively on the future; and enlightened to a whole new way of relating and living using a Positive Mental Attitude (PMA). This book s value as a reference text in anti-violence, child/welfare and family relationships is growing each month around the globe. About the...



READ ONLINE
[1.77 MB]

Reviews

Absolutely essential go through pdf. Of course, it can be enjoy, still an amazing and interesting literature. Your way of life period will be convert the instant you comprehensive reading this article ebook.

-- **Kevin Quigley**

This created book is wonderful. It is amongst the most amazing book i have got go through. I am just effortlessly will get a enjoyment of looking at a created publication.

-- **Prof. Jasper Murazik PhD**