



The Prince and the PMS: The PMS Survival Manual

Brian Yui, Elizabeth Goodman, Lori Shaw-Cohen, Herb Tanzer, Brian Young, Tracy Stevens, Neal Barnard, Hyla Cass, John Sunyecz

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Help your man learn more about what you are experiencing with PMS! Are you a guy and just don't understand what your girlfriend is going through with PMS? On the flip side to Princess and the PMS, there's an entire PMS Survivor's Manual for men, The Prince and the PMS. In it, they'll find everything they need to know about your PMS so they can be your hormone hero. Teach your man how to properly handle your PMS!

The men's version of the book provides some much-needed advice about how to live with and love premenstrual women. Secondhand PMS can put a stranglehold on relationships with mothers, sisters, wives, girlfriends and coworkers. The Prince and the PMS gives men the tools they need to walk an estrogen-slick tightrope once a month, without losing their minds, tempers or sense of humor.

Learn:

- Positive self-talk
- How stress affects PMS (and how to minimize it!)
- Which herbal remedies really work and for what symptoms
- The facts about PMS and Perimenopause
- How exercise fights pain
- About PMDD, PMM and every other acronym that makes our lives miserable
- How to make relationships healthier with and without PMS

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