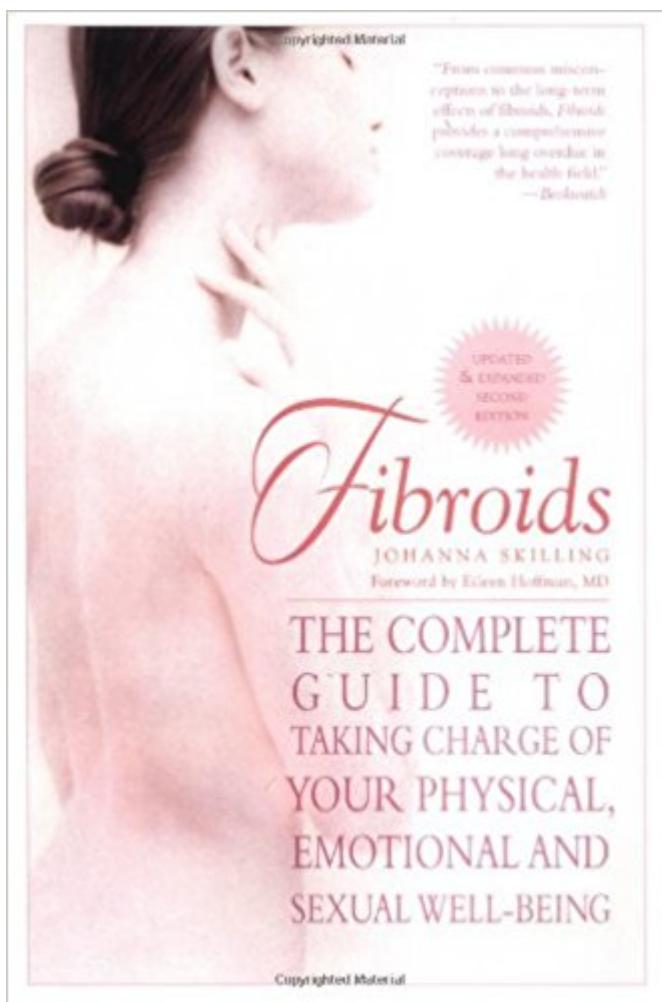


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# Fibroids: The Complete Guide To Taking Charge Of Your Physical, Emotional And Sexual Well-Being



## **Synopsis**

One out of every four women in the United States has uterine fibroids. Yet all too often they're left with more questions than answers. In this fully revised and updated edition of *Fibroids*, Johanna Skilling, who suffers from fibroids herself, offers a total resource for women with the condition. Skilling covers the full range of issues related to fibroids, including testing and treatment options, emotional issues, diet and lifestyle, and alternative therapies, and features new information gleaned from the latest clinical studies and interviews with experts. Filled with true stories from other women with fibroids who share their experiences, *Fibroids* remains the most comprehensive source of information available about treating and living with this condition.

## **Book Information**

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## **Customer Reviews**

"Skilling, who suffers from fibroids herself, has written a comprehensive guide that defines the condition, its symptoms, and the myriad possible treatments."

Johanna Skilling is a senior executive at a major advertising agency in New York. Motivated by her frustration with the inconsistent treatment recommendations she received after being diagnosed with fibroids, she took a year-long break from her career to research and write this book.

Very informative and written with a good sense of humor. I appreciated the honest, yet positive attitude of the author. A great guide to have on your trip to healing fibroids.

This book shares many good information for women who are effected by fibroids. I gives various treatment options. Good book

This book is full of information but not all of it is actually correct. I have learnt through personal experience that some books on fibroids tend to scare people away from hysterectomies with information that is in fact misleading and incorrect. Whilst its true one should thoroughly research and assess their own condition before making a huge decision such as having a hysterectomy I would also caution taking on everything that you read especially when it comes to alternative treatments for fibroids. Sometimes a medical intervention is a godsend and your quality of life will improve dramatically. Whilst this book does have some useful information (particularly if your fibroids aren't causing you problems) this book did not satisfy my need for solid, grounded facts.

Ms. Skilling does an excellent job of guiding you through the emotional aspects of having fibroids. Getting a diagnosis of fibroids is unsettling, even threatening to your psyche, and through her experience and interviews with many others who've experienced fibroids, she explains why you feel the way you do. She also explains the nuts and bolts of fibroids, treatment options, the mind-body connection, as well as diet and lifestyle suggestions. She does all this with well-researched medical information, combined with knowledge gained from her countless interviews with physicians and women who have had treatment for fibroids. She covers every imaginable concern you might have, with a personable writing style with a good dose of humor. I don't think this is the ONLY book you should read on fibroids, as the more you are informed, the more you will feel in charge of yourself, and more confident you will feel to speak about your condition with your health care provider. Other very informative books I found to be most helpful were *Uterine Fibroids: The Complete Guide*, by Elizabeth A. Stewart, M.D.--excellent for a more detailed explanation of fibroids and how it relates to your anatomy, physiology, and pathologies, as well as the latest up-to-date treatments and research; and *Healing Fibroids: A Doctor's Natural Cure*, by Allan Warshowsky, M.D., who offers a more holistic approach to treating your fibroids. Ms. Skilling mentions and references both of them in her book. Being more informed about fibroids gave me a sense of calm. I will likely refer to it again, as well as the other books I mentioned. It is an excellent support/guide and reference book to this common, but still not well-understood condition.

This book is a must for any women with fibroids. It explains the various treatment options, the risks associated with the various treatments and things to consider when deciding which treatment is right

for you. It also goes into great detail what fibroids are, what risks are associated with fibroids and things a woman with fibroids needs to consider as well as things you should ask your doctor about your fibroids.

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Fibroids: Uterine Fibroid Treatment Guide To Healing Uterine Fibroids With Strategies For Preventing Uterine Fibroids Including Post Uterine Fibroid Care ... Treatment, Cure And Genitourinary Recovery) [ ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH ] By Ballweg, Mary Lou ( Author) 2003 [ Paperback ] Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Bates' Nursing Guide to Physical Examination and History Taking (Guide to Physical Exam & History Taking (Bates)) Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) The Vital Psoas Muscle: Connecting Physical, Emotional, and Spiritual Well-Being The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) An Empowering Guide to Lung Cancer: Six Steps to Taking Charge of Your Care and Your Life Endometriosis : The Complete Reference for Taking Charge of Your Health Endometriosis and Fibroids: The Complete Guide to the Causes, Symptoms and Treatments The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual, and Emotional Health How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Critical Thinking: Tools for Taking Charge of Your Learning and Your Life (3rd Edition) Uterine Fibroids: The Complete Guide (A Johns Hopkins Press Health Book) Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Third Edition) Taking Charge of ADHD: The Complete Authoritative Guide for Parents The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil)

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