



PMDD: A Handbook for Partners

Liana Laverentz

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Does your wife or girlfriend's personality change drastically every month? Like clockwork? You're far from alone. It could be Pre-Menstrual Dysphoric Disorder, or PMDD, a debilitating hormonal disorder which affects 3 - 8% of women in their fertile years, including many using birth control. PMDD is what makes it seem like she's gone Dr. Jekyll and Mr. Hyde on you once, sometimes twice a month. Sometimes even for half of each month or more.

Inspired by the most-read posts in the blog *Living on a Prayer, Living with PMDD*, this book is for the partners of women with PMDD. Inside you will find insights as to what is going on in her mind during her seemingly inexplicable bouts of confusion, irritability, anger, rage, fear, anxiety, sadness and/or despair, what contributes to her state of emotional chaos, and tips on how to cope with and care for the woman you love during these, her most vulnerable days of the month.

There's no need for you to ride the rollercoaster of PMDD like you do. There are ways to help her manage her PMDD. Let this book help you to do just that, and find peace in the midst of the wildly careening emotions that PMDD brings into your relationship and life.

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