



The S.O.S. for PMS: Practical Help and Relief for Moms (Sandy's Tea Society)

Mary M. Byers

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Gather any group of moms together and the topic of frustrating PMS symptoms rises up in conversation along with the guilt and concern about its effects on family members. Now Mary Byers, author of *The Mother Load*, offers mothers encouragement, help, and camaraderie as she shares:

- women's stories--the good, bad, and the hopeful
- overlooked symptoms and how to manage them
- foods and activities to avoid or indulge in
- God's first aid for stress, depression, and anxiety
- a call for help--how husbands can come to the aid of their wives

This gathering of useful advice and shared experiences will comfort readers who have ever felt alone in their PMS plight and will inspire healthier lifestyles, relationships, and daily choices for all women.

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