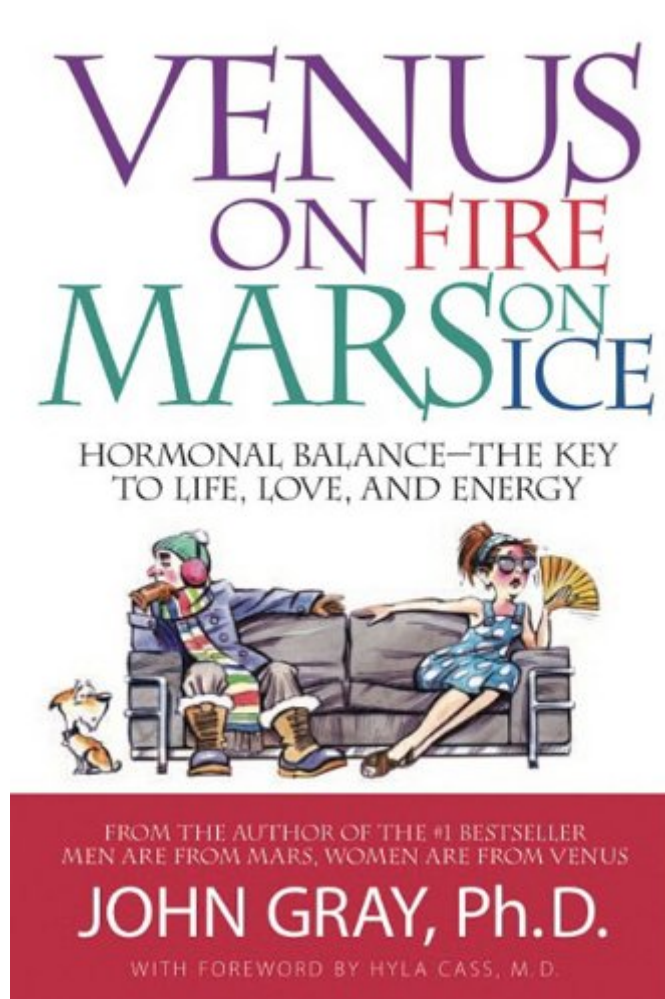


# Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy PDF



Download



Read Online

Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy by John Gray Ph.D. ISBN 0978279735

In *Venus on Fire, Mars on Ice*, Dr. John Gray advises men and women of the best ways to harness the connection between stress, blood sugar, body fat, and behavior to create lifelong passion and better health. Dr. Gray reveals that the differences between the sexes, and how they relate to one another, are biochemically based and can be explained--and managed--by our hormones.

Dr. Gray provides small steps for super-stimulating the hormones necessary to nourish a vibrant life. He explores how communication, romance, "a superfood diet, super exercise, and super

sleep," can be incorporated into any lifestyle, and result in a whole new way of life. For example, Dr. Gray reveals:

- The unique ways in which men and women deal with stress
- How stress hormones can damage our health and complicate our relationships
- The importance of "superfoods" and good nutrition in replenishing hormones
- Why menopause--and 'man-o-pause' don't have to be relationship stressors
- How balancing blood sugar is intricately connected to balancing our hormones
- How achieving hormonal balance will not only improve relationships but provide strength and energy to cope with the challenges of modern life

## **Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy Review**

This Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Venus on Fire, Mars on Ice: Hormonal Balance - The Key to Life, Love and Energy having great arrangement in word and layout, so you will not really feel uninterested in reading.