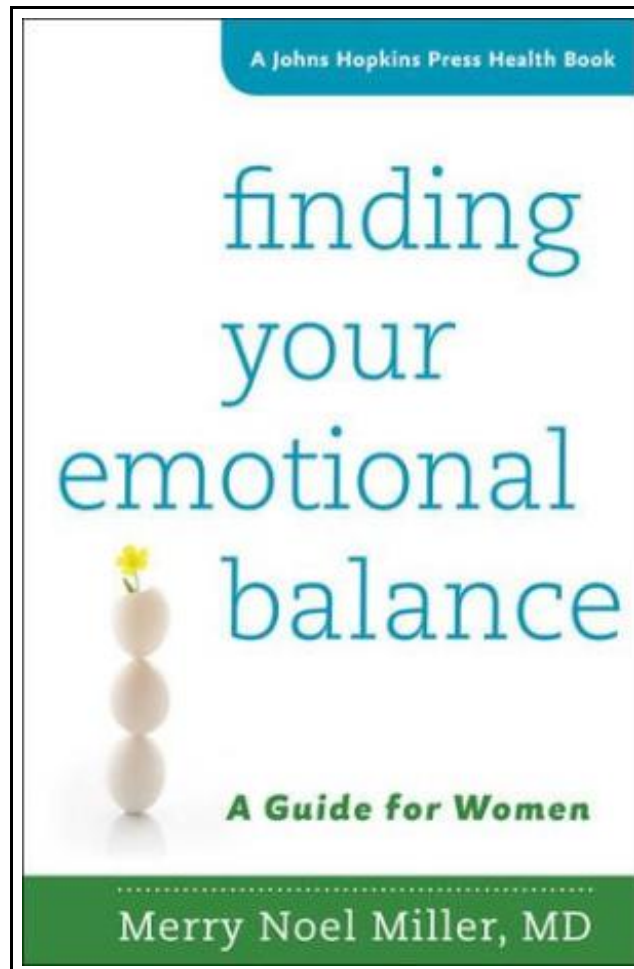


## Finding Your Emotional Balance: A Guide for Women



Filesize: 8.31 MB

### ***Reviews***

*Complete guideline for publication lovers. it was writtern really properly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
***(Treva Hamill)***

## FINDING YOUR EMOTIONAL BALANCE: A GUIDE FOR WOMEN

[DOWNLOAD](#)

Johns Hopkins University Press. Paperback. Book Condition: new. BRAND NEW, Finding Your Emotional Balance: A Guide for Women, Merry Noel Miller, Women are twice as likely as men to become depressed. While they seek help for mental disorders more often than men, they also seek to help others, trying to keep everyone happy while taking care of parents, spouses, and children. Sometimes, doing it all is doing too much. In Finding Your Emotional Balance, Dr Merry Noel Miller offers women of all ages advice for coping with life's challenges while increasing its joys. Drawing on her three decades of experience as a psychiatrist specializing in women's mental health-as well as her own personal struggles with depression and grief-she explains the special vulnerabilities and strengths of women during adolescence, the childbearing years, menopause, and late in life. Dr Miller opens each chapter with stories about women who are dealing with issues related to their stage in life. She discusses common mental disorders in the context of life stages, exploring the symptoms of depression, anxiety, substance abuse, bipolar disorder, and unresolved grief. She also offers a variety of remedies, suggesting medical and nonmedical approaches to finding emotional balance even in the most stressful times. Each chapter ends with a list of suggested readings and websites.

[Read Finding Your Emotional Balance: A Guide for Women Online](#)[Download PDF Finding Your Emotional Balance: A Guide for Women](#)

## Other Books



---

### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Book »](#)



---

### **Coping with Chloe**

Phoenix Yard Books. Paperback. Book Condition: new. BRAND NEW, Coping with Chloe, Rosalie Warren, Anna and Chloe are twins. They share everything. Even Chloe's terrible accident hasn't split them apart. But Anna is beginning to...

[Read Book »](#)



---

### **Music for Children with Hearing Loss: A Resource for Parents and Teachers**

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a...

[Read Book »](#)



---

### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read Book »](#)



---

### **Bedtime Storytelling: A Collection for Parents**

Floris Books. Paperback. Book Condition: new. BRAND NEW, Bedtime Storytelling: A Collection for Parents, Beatrys Lockie, What is so special about telling stories? Unlike when reading from a book, you have your arms free to...

[Read Book »](#)