



## The First Year: Fibroids: An Essential Guide for the Newly Diagnosed

By Johanna Skilling

Da Capo Press. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.0in. x 6.1in. x 0.8in. Though an estimated eight in ten women in America will be diagnosed with fibroids during their lifetime, it remains one of the most ambiguous conditions a woman can have. In the tradition of the other titles in the First Year series, The First Year Fibroids uses a unique approach, guiding readers through practical and straightforward steps for the first seven days following diagnosis, then the next three weeks of their first month, and finally the next eleven months of their first year. Throughout, author Johanna Skilling provides answers and advice that will help women newly diagnosed with fibroids come to terms with their condition and the lifestyle changes that accompany it. Skilling provides vital information about the different types of fibroids, treatment options, dietary choices, holistic alternatives, and much more. The First Year Fibroids will be a wise and educational resource for every woman who wants to take an active role in the management of her fibroids. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



**READ ONLINE**  
[ 6.97 MB ]

### Reviews

*Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.*

-- **Mr. Gustave Gerhold**

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

-- **Dr. Kadin Hane DVM**

## You May Also Like



### **Literary Agents: The Essential Guide for Writers; Fully Revised and Updated**

Penguin Books. PAPERBACK. Book Condition: New. 0140268731 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! \* I am a...



### **Baby Bargains Secrets to Saving 20 to 50 on Baby Furniture Equipment Clothes Toys Maternity Wear and Much Much More by Alan Fields and Denise Fields 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



### **Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### **Ready, Set, Preschool! : Stories, Poems and Picture Games with an Educational Guide for Parents**

Book Condition: Brand New. Book Condition: Brand New.



### **Daycare Seen Through a Teacher s Eyes: A Guide for Teachers and Parents**

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Between the good mornings and the good nights it s what happens during the day I want the...



### **Simple Signing with Young Children : A Guide for Infant, Toddler, and Preschool Teachers**

Book Condition: Brand New. Book Condition: Brand New.