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Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health

Deborah Sichel, Jeanne Watson Driscoll

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Nearly twice as many women as men suffer from depression or anxiety, interfering with their ability to work and care for themselves and their loved ones. Now, Deborah Sichel and Jeanne Watson Driscoll show how depression and anxiety are the result of a process of long-term chemical "loading" as the brain repeatedly "revs up" in response to stress. Here, they share their unique self-care program, NURSE: Nourishment and Needs, Understanding, Rest and Relaxation, Spirituality, and Exercise, to help the brain self-stabilise and prevent future problems. They also advocate early, customised use of medications, uniquely based on how a woman′s genetic make up, life experiences, and hormonal and reproductive history affect her particular mood disruptions. An intimate look at how women′s mood issues change at each stage of their reproductive lives, this book offers help to women who have been suffering in silence for too long.

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