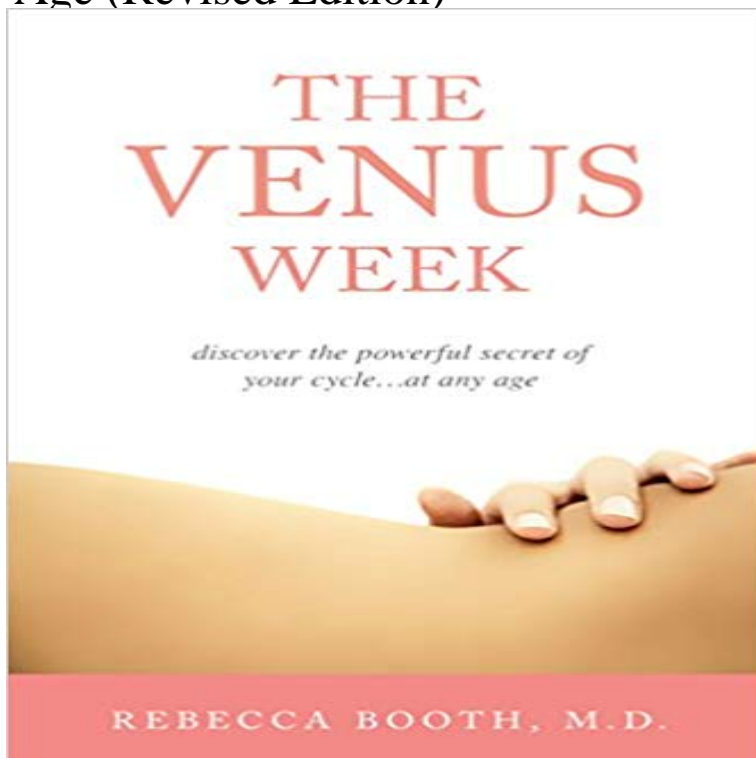


The Venus Week: Discover the Powerful Secret of Your Cycle...at Any Age (Revised Edition)



All women have it, but may never have thought about it: its that one week of the month when you feel great about yourself more attractive, focused, and receptive to others. Your hair shines; your skin glows. But why does this happen? And why do we often feel so out of balance the rest of the month? The Venus Week is a window of days each month when estrogen, (the feel-good hormone) and testosterone (the hormone of desire) are at their peak. In order to encourage us to reproduce, Nature cleverly gives women a gift: when we are more likely to conceive, we feel and look our best. However, the significance of this phenomenon throughout a womans life is far greater than fertility alone. Leading gynecologist Dr. Rebecca Booth created the Venus Week metaphor to help her patients better understand what influences the constant physical, emotional, and sexual changes they feel. Now, in *The Venus Week*, she reveals the surprising ways you can manage your bodys weekly hormonal shifts to your best advantage, no matter what your age or stage in life. Youll discover how to: Find your Venus Week and maximize its positive effects Increase your energy and boost your libido Improve your chances of achieving or avoiding pregnancy Lessen the effects of the Minerva Phase: acne, irritability, weight gain and mood swings Manage common Venus Interrupters like stress, insulin resistance, and poor health conditions Ease the changes of perimenopause and menopause Knowing the secret of *The Venus Week* can help you feel less at the mercy of your hormones and more in control. Youll learn how these variations affect your body, your relationships, and your life in general, from your early twenties through menopause and beyond. The book is filled with illuminating anecdotes from Dr. Booths clinical experience and includes *The Venus*

Week Plana complete diet, lifestyle, and beauty program that maximizes your Venus and improves your health. Encouraging, empowering, and revealing, The Venus Week will help you channel that look-good, feel-good phenomenon and make it work for you not only during those few days, but all month and all life long.

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