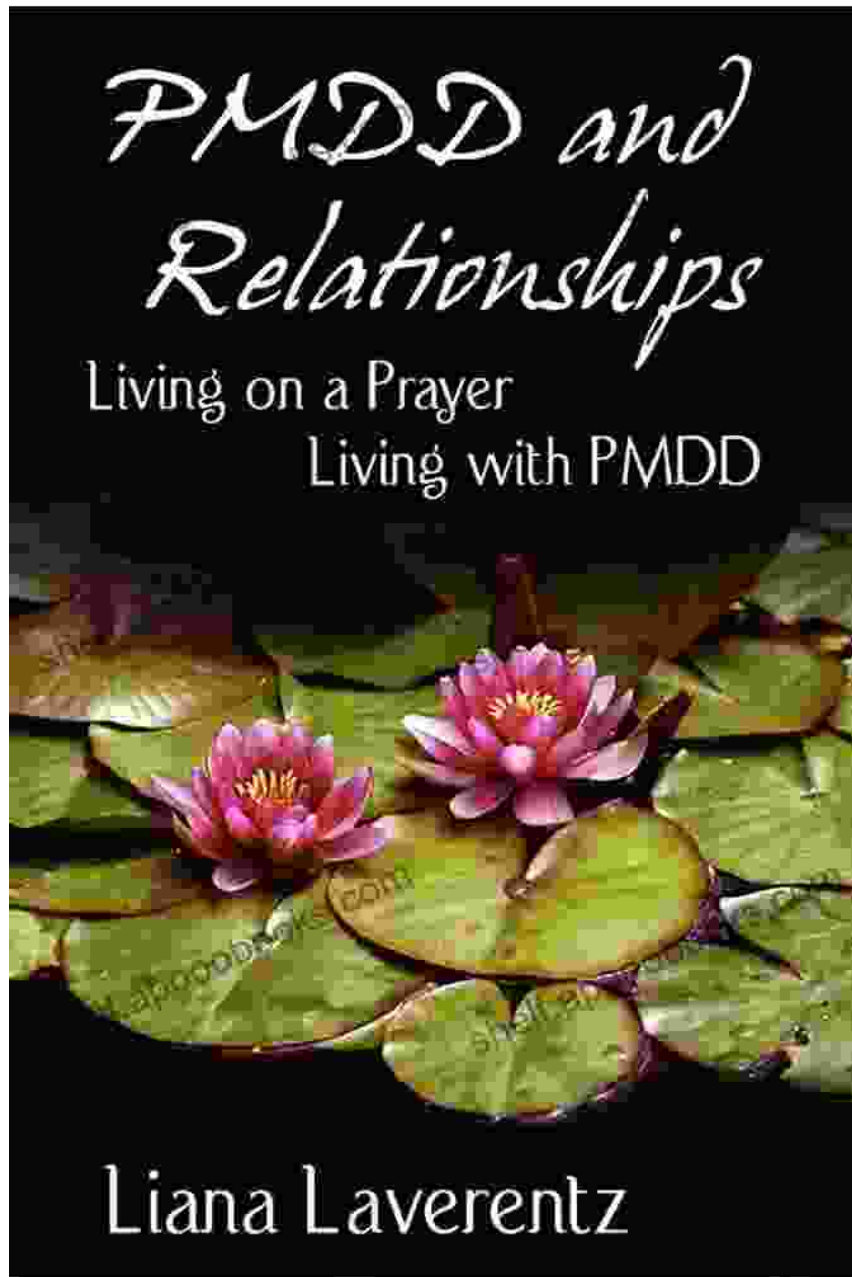
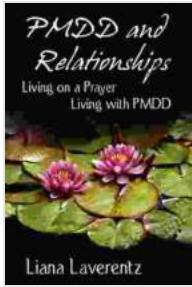


# Living on Prayer, Living with PMDD: A Powerful Guide to Managing the Emotional Rollercoaster



**PMDD and Relationships: Living on a Prayer, Living with PMDD** by Liana Laverentz

★★★★☆ 4.4 out of 5



Language	: English
File size	: 1833 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 250 pages
Lending	: Enabled



## About the Book

Living with PMDD can feel like an emotional rollercoaster that never seems to end. The intense mood swings, anxiety, and depression can leave you feeling isolated, hopeless, and alone.

But what if there was a way to manage these symptoms and live a fulfilling life?

In her groundbreaking book, *Living on Prayer, Living with PMDD*, Sarah shares her inspiring journey of faith and the practical strategies she's developed to navigate the challenges of PMDD.

Through her personal story and evidence-based research, Sarah offers hope and guidance for women struggling with PMDD. She explores the mind-body connection, the role of self-care, and the transformative power of prayer.

## What You'll Learn

\* The causes and symptoms of PMDD \* How to manage the emotional rollercoaster \* The importance of self-care and healthy coping mechanisms

\* The role of faith and spirituality in overcoming PMDD \* Practical strategies for managing mood swings, anxiety, and depression \* How to find support and build a community

## **What Others Are Saying**

"Sarah's book is a lifeline for women struggling with PMDD. Her insights, practical advice, and unwavering faith offer hope and guidance on the path to recovery." - Dr. Emily Roberts, psychologist

"Living on Prayer, Living with PMDD is an essential resource for anyone who wants to understand and manage this debilitating disorder. Sarah's personal story and practical strategies are invaluable." - Jane Smith, PMDD advocate

## **Get Your Copy Today!**

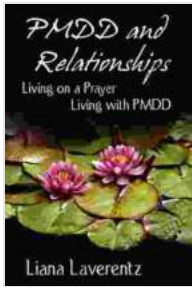
Living on Prayer, Living with PMDD is available now on Our Book Library and other major retailers.

Buy on Our Book Library

## **About the Author**

Sarah is a PMDD warrior, author, and speaker. She has experienced firsthand the challenges of PMDD and is passionate about helping others find hope and healing.

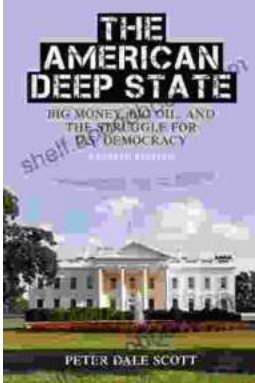
Sarah shares her journey and practical strategies through her writing and speaking engagements. Her mission is to empower women with PMDD to live full and meaningful lives beyond the monthly turmoil.



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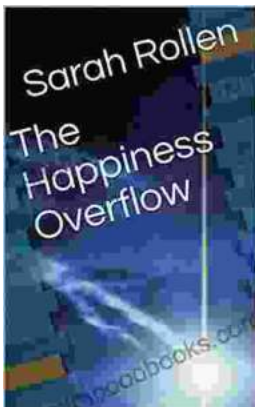
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