

# PMS Symptoms and Mood Swings: A Guide for Clueless Men (PMS,PMS Symptoms,Premenstrual Syndrome,Periods,Menstruation,Mood

Swings, Perimenopause)

Karen Blume



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### PMS Symptoms and Mood Swings: A Guide for Clueless Men

#### Quit being Clueless and learn how to make her Happy!

Are you in Trouble with her...Again?! Shouldn't you already know exactly what you did "Wrong?" Or are you like the Billions of other guys in the World...Clueless? Well with PMS Symptoms and Mood Swings: A Guide for Clueless Men, you'll no longer be the "Bad" guy and instead become her Knight in Shining Armor! Learn what PMS is and what her crazy symptoms and moods mean and understand why she might be the way she is. Most importantly, get the tools to help make her Happy and keep you sane!

Read PMS Symptoms and Mood Swings: A Guide for Clueless Men everywhere on your Smartphone, PC, Mac, Tablet and of course, Kindle Device.

#### Here's some Book Highlights:

- What is PMS?
- The Raging Mood Swings
- Talking through Craziness
- Making Her Feel Better!

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Tags:PMS,PMS Symptoms,Premenstrual Syndrome,Periods,Menstruation,Mood Swings,Bloating,Cramping,Depression,Fatigue,Insomnia,Headaches,Forgetfulness, Irritability,Selfesteem,Nervous tension,Anxiety,Perimenopause

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