



# The PCOS Workbook: Your Guide to Complete Physical and Emotional Health

By Angela Grassi, Stephanie Mattei

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**The PCOS Workbook: Your Guide to Complete Physical and Emotional Health** By Angela Grassi, Stephanie Mattei **Bibliography**

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### **Editorial Review**

#### **Review**

I finished your PCOS workbook tonight - and wanted to applaud you for what you are doing and congratulate you for a thoughtful book. My youth was lost to PCOS - best in your ambition to preserve those special years of the girls now being diagnosed. --Tanya Alison Sears

The PCOS Workbook is an amazing tool to partner with any patient with PCOS. My patients have really appreciated learning more about the role of stress and management of PCOS. I am so pleased an RD has published a PCOS guidebook based on evidence based research and reality. --Judy Simon MS,RD,CD,CHES

This is a FANTASTIC book for women with PCOS! Not only is there great info but the questionnaires really got me to think about my health in a different way. Instead of just reading info on PCOS on what I should do, this book helped me to put it into practice. Definately get this book if you have PCOS! --Kate McDonald

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This is a FANTASTIC book for women with PCOS! Not only is there great info but the questionnaires really got me to think about my health in a different way. Instead of just reading info on PCOS on what I should do, this book helped me to put it into practice. Definately get this book if you have PCOS! --Kate McDonald

#### **About the Author**

Angela Grassi, MS, RD, LDN is the author of The Dietitian's Guide to Polycystic Ovary Syndrome. As a registered and licensed dietitian, she provides nutrition counseling by phone or in-person to women with PCOS and individuals who struggle with Eating Disorders. In 2000, she won the award for excellence in graduate research from The American Dietetic Association. Having PCOS herself, Angela has been dedicated to the advocacy, education, and research of the syndrome. She provides lectures to dietitians, other health care professionals and women with PCOS across the country. Angela resides in the Philadelphia suburbs with her husband and son. For more information about nutrition for PCOS or to sign up for her free PCOS Nutrition Tips newsletter, visit [PCOSnutrition.com](http://PCOSnutrition.com). Stephanie Mattei, Psy.D. is a licensed clinical psychologist who co-founded the Center for Acceptance and Change in Bala Cynwyd, PA. She has been intensively trained in Dialectical Behavior Therapy (DBT) and teaches as adjunct faculty in the doctoral program at La Salle University in Philadelphia. She has a particular interest in working with women who struggle with Eating Disorders, PCOS, Borderline Personality Disorder, self-harm behaviors and relationship distress. Stephanie has written chapters in The Dietitian's Guide to PCOS and Psychotherapists Revealed: Therapists Speak About Self-Disclosure in Psychotherapy. Stephanie lives in the suburbs of Philadelphia with her husband and two daughters. For more information about her practice, visit [centerforacceptanceandchange.com](http://centerforacceptanceandchange.com).

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#### **From reader reviews:**

**Louise Rosenbaum:**

Hey guys, do you would like to finds a new book you just read? May be the book with the subject The PCOS Workbook: Your Guide to Complete Physical and Emotional Health suitable to you? The particular book was written by well-known writer in this era. Typically the book untitled The PCOS Workbook: Your Guide to Complete Physical and Emotional Healthis the main of several books that everyone read now. This particular book was inspired many men and women in the world. When you read this guide you will enter the new way of measuring that you ever know ahead of. The author explained their idea in the simple way, therefore all of people can easily to understand the core of this guide. This book will give you a lot of information about this world now. To help you to see the represented of the world in this book.

**Matthew Wallace:**

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The PCOS Workbook: Your Guide to Complete Physical and Emotional Health, you could enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its called reading friends.

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**Margaret Coleman:**

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