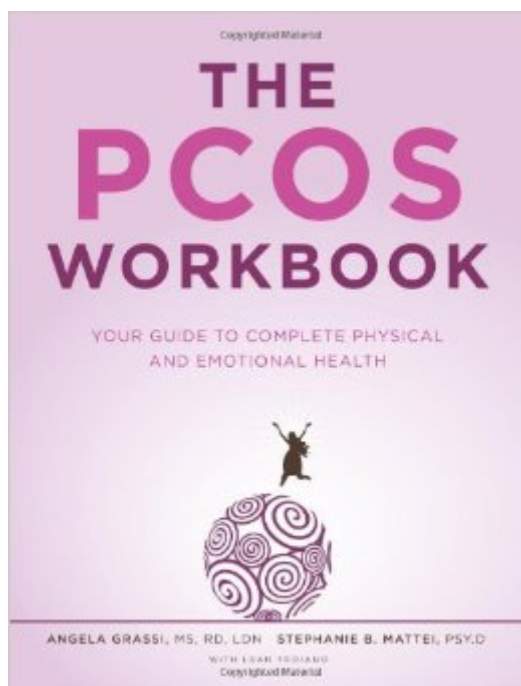


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# The PCOS Workbook: Your Guide To Complete Physical And Emotional Health



## Synopsis

The doctor said I'm insulin resistant. What does that mean? Will I ever be able to have a baby? I hate my body. Will it ever change? I try to lose the weight, but I'm hungry all the time. Why can't I just stop eating sugary, fattening foods? I don't have diabetes? Why do I have to watch my sugar intake? Why do I have hair growing everywhere and will it ever get better? I am so depressed and moody. Is this related to my PCOS? If any of these statements sound familiar, this workbook can help you! The PCOS Workbook, a practical and comprehensive guide, helps you understand not just the physiology of PCOS, but what you can do about it. Step-by-step guidelines, questionnaires and exercises will help you learn skills and empower you to make positive changes in your life that might not get rid of PCOS, but will help you live with it harmoniously: Lose weight, take control over your eating and improve your health Understand your medical treatment Improve your fertility Manage the stress in your life Be mindful with your eating and in life Challenge body image myths and insecurities Overcome obstacles to becoming more physically active Cope with the challenges of infertility ...and get closer to living the life you want to live!

## Book Information

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## Customer Reviews

There's nothing wrong with this book, per se. It had a lot of good information, a lot of exercises to help people deal with any habits they may want to change, or thought processes to challenge. But as someone newly diagnosed with PCOS/Insulin Resistance, I found that most of the information in this book is stuff I've already become intimately acquainted with over the 15 years I've struggled to lose weight because of the undiagnosed PCOS. If you're the kind of person who has done a lot of

research about good nutrition, the benefits of exercise, the effects of stress, etc., and are already living a healthy lifestyle incorporating fresh foods, exercise, and you don't struggle with binge eating or body image (or maybe you've already had to deal with those issues in your own personal journey), this book may be of limited help to you. I think this book would be best for someone who has realized that their current lifestyle needs to change, rather than someone who has already changed their lifestyle to be pretty austere and has done the corresponding homework along the way.

No two women with PCOS have the same experience with the syndrome. However, there is one universal truth about PCOS that all women facing it share - it will affect their nutrition, ability to control stress, fertility, body image, and emotions. Enter Angela Grassi and Stephanie Mattei. Grassi, who previously wrote "The Dietician's Guide to Polycystic Ovary Syndrome" partnered with Stephanie Mattei to write "The PCOS Workbook" to help women explore and "challenge specific difficulties" of living with PCOS. One of the greatest pieces of information in the early pages of "The PCOS Workbook" is the simple entry entitled "How to Use The PCOS Workbook." In these few short pages, Grassi and Mattei outline what you will be experiencing in the book, chapter by chapter. The first chapter, "Connecting the Dots: Understanding Polycystic Ovary Syndrome" is followed by chapters focused on nutrition, stress, the issue of body image, mindful eating, coping with infertility, and finally the management of PCOS to prevent further medical complications. This book is a treasure-trove of information. Here's what's truly great about this book: Throughout each chapter, Grassi and Mattei have developed questions and lists relevant to each topic, with areas for you to write what is relevant to your PCOS experience. This is a **WORK**book in every sense of the word. For example, you turn to page 101, in the Body Image and PCOS chapter, and you're asked to actually challenge your own myths about body image. The authors ask you to think about your environment, what you consider to be "truth" and "rules," and how you might self-blame. Then you're asked to think about what you were thinking about body image as you were going through the process of answering the previous questions. This book gets down to the nitty-gritty and helps you work through it all. "The PCOS Workbook" asks you to truly analyze your eating and exercise routines and patterns, while at the same time providing more-than-enough detailed information about everything you will need to know about the disorder to be well-armed when talking with your healthcare professionals. The charts Grassi and Mattei use help break the information down into easy-to swallow (no pun intended) bites of PCOS knowledge. "The PCOS Workbook" is a resource I would recommend to any woman who wants to learn as much as possible about the syndrome, and

about themselves through the process. But be prepared, the Workbook will ask you to dig deep. In the back of the book a glossary is provided, as well as forms to help you track your lab results, a food journal, online resources, a suggested PCOS food list, and even sample menus. The only addition to this book that would make it an even better resource would be more illustrations. As a publisher, I know that artwork, photos, etc., are pleasing to the eye and provide our reading eyes a break occasionally. Grassi and Mattei have provided a thorough resource I think all women with PCOS should read.

I have read many books on PCOS, but this one is my favorite. I like that, while it explores the topics of nutrition and exercise, that's not all it is; most books on PCOS I read throw out the same "eat better, exercise, and take metformin" mantra. Those things are helpful, but that's not all PCOS is. The sections on stress and body image are fantastic, because unlike the (few) other books that even address these topics, PCOS Workbook does not simply say "reduce stress", but gives you concrete ways of doing so. The workbook format is wonderful because it forces you to interact and think about how to manage your symptoms instead of passively read. This would be GREAT for a support group, but if you're like me and live in a more rural area, this brings the support to you! I would recommend it to anyone with PCOS. This goes in my top three. For managing PCOS in general, this is the book. For more in depth dieting information, my favorite is The PCOS Diet Book by Collette Harris. For infertility, PCOS and Your Fertility by Collette Harris. All three have the same basic premises, but with a different focus, and all three are valuable resources.

I was diagnosed with PCOS April 2011, the doctor that diagnosed me didn't explain the condition and was more interested in explaining the affects it had on me (The insulin resistance mostly). I was very confused and heartbroken at the prospect of having a condition that was considered "Infertility" and every website I checked made it sound as though having kids and losing weight was a lost cause. My husband ordered this book for me and I'm extremely glad he did. I highly recommend it to anyone who's confused or scared or just needs comfort and hope. The author explains the condition in an easy to understand and comforting way, they make it clear just because you have PCOS doesn't mean the world is going to end. The book is full of diagrams and helpful information such as charts to keep track of your diets and what foods you should eat to lose weight, as well as the medication that your doctor could possibly put you on and what they do and what side affects are possible. It was a great comfort to know that the symptoms I've felt and couldn't understand were a normal part of having PCOS and that I wasn't alone when it came to pain, hypoglycemia and

jealousy and explained why when I dieted I gained weight instead of losing it. I recommend this book to any woman with PCOS! You aren't alone and you shouldn't suffer alone.

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