



The Truth About Hormones

By Vivienne Parry

Atlantic Books. Paperback. Book Condition: new. BRAND NEW, The Truth About Hormones, Vivienne Parry, A paperback that puts the reader back in control of their hormones by explaining what's going on when they're tetchy, spotty, tearful, fearful or just plain awful. Hormones rule our internal world: they control our growth, our metabolism, weight, water-balance, body clocks, fertility, muscle bulk, mood, speed of ageing, whether we want sex or not (and whether we enjoy it) and even whom we fall in love with. Their effects may occur in seconds and be over in a flash, or emerge over months and last for years. In "The Truth About Hormones", Vivienne Parry explains how exactly these mysteriously powerful chemicals affect our bodies and our behaviour.



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