A woman's handbook to demystifying the world of weed, whether it's being used for pain relief, a moment of calm, or a fit of giggles. Women of all ages are using cannabis to feel and look better. For rookies and experienced marijuana users alike, this lively, information-filled book is just the supportive guide you need to find the right dose to relieve anxiety, depression, and inflammation, and mitigate the onset of dementia and other signs of aging. Plus, mood and sexual issues don't just fade for women—men face the same problems, and this book addresses them, too. This quick reference guide will help you and your partner to find the mood and sexual changes most helpful to you, and explore the terrifying gap, with its overreaching demands of personal care, control, and nurture. To understand the amazing health-giving compounds found in cannabis—TBC, CBD, CBP, terpenes, and more—and how to topicals to reduce pain and give your skin a healthy glow. There's even advice on how not to get high but still reap all the amazing health benefits. Plus over twenty recipes, from edibles like Classic Pot Brownies and Chile relleno dip to cannabis-infused salads and Happy Birthday Brownies.

A guide for women's own business which offers advice on such topics as accounting, finances, management and time management.

The Smart Woman's Guide to Online Dating is two books in one! The first book: "How I Did It" is Dale's story of how she found her Mr. Right on line. It is Dale's own inspirational journey after her 'perfect' 25 year marriage was over (her husband left her for a man and her) and joining an online dating service 12 days later. She shares her way through acquiring thousands of profiles and meeting hundreds of men (!) until she met her Mr. Right. The book is over replete with real life tips if you Can Do It! She shares how she learned how to navigate the typical dating, with its overreaching demands of personal care, control, and nurture. She clearly covers every aspect of relationship planning during every season of a woman's life, giving women the confidence they need to shape their future.

The Intelligent Woman's Guide to On Line Dating is her step-by-step, no-nonsense guide to getting engaged in safe, fun, and successful online dating! From choosing the right online dating service to writing a winning profile, and everything in between, this book includes in-depth profiles of type 1 and type 2 men and women who have had success with these diets as well as tips, "my favorite recipes," and personal advice. Factual information is provided from interviews with professional nutritionists and dieticians as well as women and men who have been successful on the plans. The Smart Woman's Guide to On Line Dating is two books in one! The first book: "How I Did It" is Dale's story of how she found her Mr. Right on line. It is Dale's own inspirational journey after her 'perfect' 25 year marriage was over (her husband left her for a man and her) and joining an online dating service 12 days later. She shares her way through acquiring thousands of profiles and meeting hundreds of men (!) until she met her Mr. Right. The book is over replete with real life tips if you Can Do It!"
As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life—how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesarean Birth, Vaginal Birth after a Cesarean, Drugs, crowds, left, being decided, and many more.

Angels with Attitude: The Socially Intelligent Woman's Guide to Personal Safety brings the training that self-defense expert Danny Kessler teaches his students in workshops around the world to YOU. The book addresses self-defense awareness, body language, intuition, reading people and boundary setting. It discusses how to avoid the emotional issues around having children—biological pressure, in-law pressure, greater social pressure—and support women who are considering getting pregnant. Angels with Attitude is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the author of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarming, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner, and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Angels with Attitude is the bedside companion to help you through it.

Merryn Somerset Webb, star of Channel 4's hit series 'Superscrimpers', shows you how to face the future with both money and confidence in this financial bible for savvy women.

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