

Nola Anne Hennessy's

From Pre-Menstrual Syndrome to Positive Mental Attitude

*A Change Management Guide for
Women (and their Men)*

*Multi Award-winning "How To" Reference
"A bright light for change ..."*



- Award Winning -

Runner-Up in "How To" Books at the San Fran Book Festival
5 Honorable Mention Awards for "How To" Books across the US
Top Reviews from Dawn Paul, *Houston Style Magazine*
and Cynthia Brian

