



From Pre-Menstrual Syndrome to Positive Mental Attitude – A Change Management Guide for Women (and their Men)

Short Title: FROM PMS TO PMA

The multi award-winning, sequel and companion book to *No Boxing Allowed*, this compassionate and easy-to-read Change Management Guide for Women (and their Men) has already won 6 awards across the USA during 2012 and 2013.

From Pre-Menstrual Syndrome to Positive Mental Attitude is written by the woman who's been there, found the cure and lived through the continual self-testing and validation in order to show women and men around the globe the *very bright light* at the end of the proverbial tunnel! Nola blows the myths of Pre-Menstrual Syndrome (PMS) and that 'women and men think differently' right out of the water. Readers are challenged to manage change; shown the real cause of PMS and how to recognize, remove and grow beyond self-imposed barriers, and destructive behaviors and attitudes; focused positively on the future; and enlightened to a *whole new way of relating and living* using a Positive Mental Attitude (PMA). This book's value as a reference text in anti-violence, child/welfare and family relationships is growing each month around the globe.

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