



Hormonal: How Hormones Drive Desire, Shape Relationships, and Make Us Wiser (Paperback)

By Martie Haselton

Oneworld Publications, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Did you know that at certain times of the month, women are inclined to dance more? Flirt more? Or that PMS may have evolved to remove boyfriends with unfit sperm? Why? Hormones. Hormones help women choose mates, produce healthy offspring, raise them successfully, and, ultimately, make better decisions. In this paradigm-shifting book, Martie Haselton explains how hormonal intelligence works - both its strengths and its weaknesses - and how women can track and understand their desires, fears and perceptions. By exploring the biological processes that profoundly influence our behaviour, Hormonal sets forth a radical, new understanding of women's bodies, one that sees hormonal cycles as adaptive solutions to genuine biological challenges. This book will empower women everywhere to embrace their biology.



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Reviews

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