



Endometriosis: Simple Strategies for Living With Endometriosis

Andrea Molloy

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Easy-to-understand material on endometriosis, which can often be debilitating and is increasingly common. Endometriosis affects one in five women and is also a leading cause of infertility. This book covers: diagnosis and treatment options; pain management techniques; self-care strategies; fertility issues; and how to take control of your health and gain support. This book is essential reading for women with endometriosis, their partners and families - it answers many frequently-asked questions about the condition. It includes interviews with leading endometriosis specialists as well as inspiring interviews with sufferers such as food writer Allyson Gofton, author Maggie Eyre and Goldenhorse's singer Kirsten Morelle, who have all lived with endometriosis. 'Andrea has written an informative and comprehensive guide book to endometriosis which includes easy-to-follow self-help tips so that the reader will feel knowledgeable about treatment and can actively be involved in disease management.' Deborah Bush QSM CEO New Zealand Endometriosis Foundation

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