

# Is Sex Just Hormones

**For brain and heart health: 8 healthy reasons to have more sex - The Jerusalem Post**

[Hormonal Imbalance: Causes, Symptoms & Treatment - my.clevelandclinic.org](#)

[Riley Gaines testifies in support of Ohio bill blocking trans athletes ... - Ohio Capital Journal](#)

[Navigating the Challenges of Breastfeeding and Sex - Motherly Inc.](#)

[Women Were Also Skilled Hunters In Ancient Times - Science Friday](#)

[Are you too stressed for sex? - Yahoo Lifestyle UK](#)

**“Crave” #1 - Multiversity Comics - Multiversity Comics**

**A Guide to Birth Control in Your 40s and 50s - Health Essentials**

[Refractory Period in Sex: Causes, Timing, and Recovery - Verywell Health](#)

**Sophie Wilde Covers Our Winter 2023 Issue - Wonderland Magazine**

[‘It just didn't enter my mind to initiate sex;’ Low sex drive in men ... - CNN](#)

[Hospital insider warns trans kids on hormones frequenting ER for harming themselves in cry for help - Fox News](#)

**12 Signs of Hormone Imbalance - Oprah Mag**

**I Used To Have The Worst Menopause Symptoms But Then I Found ... - Popdust**

[Hormones in Birth Control Pills Could Be Greatly Reduced: Study - WebMD](#)

**Are low energy and reduced sex drive symptoms of male menopause? - Sciencenorway**

**England Limits Use of Puberty-Blocking Drugs to Research Only - The New York Times**

**The No-BS Menopause Advice Cheat Sheet - Oprah Mag**

**Sex-specific contribution of CMI in predicting MAFLD | DMSO - Dove Medical Press**

**How Hormone Changes During Your Menstrual Cycle and Throughout Life Can Affect Your Risk of Migraine Attacks - Well+Good**

[How Does Autism Affect Sex and Sexual Health? - Giddy](#)

**What Is Gender-Affirming Care, and Which States Have Restricted it ... - U.S. News & World Report**

[Let's Talk Relationships: Tips to combat the 'seven year itch': How to ... - GazetteNET](#)

[Savage Love: Oxytocin, Dopamine and Bonding After Sex - Queen City Nerve](#)

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**Hormone Replacement Therapy for Women With Multiple Sclerosis - Health Central**

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[What celibacy REALLY does to you! Tracey Cox reveals the bad things that can happen to your body \(and your rel - Daily Mail](#)

*Menopause symptoms: "the change" killed my sex life. Then I made ... - Slate*

*How to Hack Insurance So You Can Get the Hormones You Need - Oprah Mag*

*Do You Really Get Weak After Ejaculating? - Giddy*

**Why You May Feel So Tired (or Wired) After Having Sex—And How To Deal - Well+Good**

*Hormonal Birth Control Can Decrease Your Sex Drive—Here's How - Evie Magazine*

*Fertility - how to understand your body and your hormones - Stylist Magazine*

**First Edition: Dec. 1, 2023 - KFF Health News**

*Understanding the Sex Binary - City Journal*

**Maintaining Your Sex Life During & After Menopause - Texas Metro News**

*Alzheimer's and HRT: Study suggests sweet spot to avoid dementia - CNN*

**Experiencing vaginal itching after sex? Know why it happens - Health shots**

**Better Sexual Health for Women Taking Hormonal Therapy - Breastcancer.org**

*Hormone At-Home Tests for Women: Is It Right for You? - Healthnews.com*

*Here's Why Testosterone is Important | Right as Rain - Right as Rain by UW Medicine*

**5 signs that it may be time to ask your gynecologist about hormone ... - Novant Health**

**Missouri House sends bill banning transgender health care for ... - Missouri Independent**

**11 Sex Questions All Women Need to Ask by Emily Morse - Oprah Mag**

*How To Increase Your Sex Drive - Tips And Tricks, Per Experts - Women's Health*

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*Opinion | We Aren't Failing Trans Kids by Giving Them the Freedom ... - The New York Times*

**Map: Where gender-affirming care is being targeted in the US - ABC News**

**On With Kara Swisher: Navratilova on Trans Women in Sports - New York Magazine**

**5 Hormonal Changes That Could Trigger Eczema - Verywell Health**

*The Struggle For Trans Rights In Prison - HuffPost*

**Littleton Public Schools LGBTQ club for middle school encourages ... - Parents Defending Education**

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*Gender affirming care | novascotia.ca - Government of Nova Scotia*

*Why am I gaining weight so fast during menopause? And will ... - UChicago Medicine*

**What is gender-affirming care? Your questions answered - AAMC**

*A Mississippi mother drove 8 hours for her trans son's hormone shots - The Washington Post*

**Can you live without adrenal glands? Explanation and FAQ - Medical News Today**  
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[Researchers reveal link between Alzheimer's and sex hormones - Science Daily](#)  
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**What does the placement of my pimples mean? An expert explains - Fashion Journal**  
**Can Supplements Help Balance Your Hormones? - Verywell Health**  
[Oh Yes Reviews - Proven Ingredients That Work or Fake OhYes.Life ... - Kirkland Reporter](#)  
[Gynecologist says it's normal for your libido to fluctuate - Insider](#)  
**How climate change-induced stress is altering fish hormones — with ... - The Conversation Indonesia**  
[Texas bill banning gender-affirming care for transgender kids is now ... - The Texas Tribune](#)  
**Are you choosing instagram fixes for hormone imbalance? Experts explain whether they work for you - The Indian Express**  
[List of Sex Hormones in Females and Males - Verywell Health](#)  
**Is Intermittent Fasting Healthy for Women? - Health Essentials**  
[Does the heat turn us on, or will climate change kill our libido? - EL PAÍS USA](#)  
**An Overview Of Sex Hormones - News-Medical.Net**  
**Yes, Europe Is Restricting “Gender-Affirming Care” - City Journal**  
**Rheumatoid Arthritis: Feeling, Early Stages, Treatment - Verywell Health**  
[Maybe women were actually the hunters, not the gatherers | Columns - Tampa Bay Times](#)  
[Debating fairness: Laws restrict transgender athletes - The Rocky ... - Rocky Mountain Collegian](#)  
**Osteoporosis and Sex: How Osteoporosis Affects Sex - Verywell Health**  
**Florida's 'Don't Say Gay' rules could bleed into the workplace - Fast Company**  
**Coming Off Hormonal Pill After 6 Years Side Effects - Refinery29**  
[Iowa lawmakers approve gender-affirming care ban for transgender ... - Des Moines Register](#)  
**‘This is Salvaged’: Decay and preservation take centrestage in Vauhini Vara’s new short stories - Scroll.in**  
[16 Cramps After Sex Causes: Ovary, Uterus, Prostate Pain - Verywell Health](#)  
**Low Progesterone: Mood, Period, Pregnancy Symptoms - Verywell Health**

### **How to Change Your Sex: A Lighthearted Look at the Hardest Thing You'll Ever Do** - Lannie Rose 2008-08-08

Lannie Rose changed her sex and now she explains how you can too! How To Change Your Sex: A Lighthearted Look at the Hardest Thing You'll Ever Do is an amusing and practical guide to everything you need to know for your sex change, from how to tell if you are transsexual, through venturing out in public in your new gender presentation (including which restroom to use!), to hormones and surgeries, to what to expect afterwards. Whether you are seriously considering changing your own sex, or if you have a friend or loved one who is going through the process, or even if you are just curious, you are bound to be entertained and informed by this handy little manual. Also, catch the free annotated audiobook PODCAST at [www.lannierose.com/podcast](http://www.lannierose.com/podcast).

### *Is It Me or My Hormones?* - Marcelle Pick 2014-03-03

One of the most common and agonizing problems women face today is hormonal imbalance. Sometimes it's a nightmarish premenstrual syndrome—depression, cravings, bloating, weight gain, irritability, and even out-of-control rage for up to three weeks each month. Sometimes it's periods so painful that you have to arrange your entire life around your cycle. Sometimes it's a rocky passage into perimenopause that changes everything you know about yourself and your body. Luckily, you can resolve these hormonal issues—you just need accurate, actionable information to do so. In *Is It Me or My Hormones?*, Marcelle Pick, author of *The Core Balance Diet* and *Is It Me or My Adrenals?*, delves into the often misunderstood world of female hormonal imbalance. Sharing her personal struggles and her experiences with patients, Marcelle helps you understand how the right diet, exercise, supplements, herbs, and psychological support, occasionally complemented with bioidentical hormones, can free you from hormone disruption. After walking you through the basic science of how your hormones affect your body, mind, and emotions, Marcelle lays out an accessible, easy-to-follow, 28-day program—complete with schedules, exercises, supplements, meal plans, and recipes—that will stabilize your hormones in just one month and make you feel like yourself again. Unlike many medical professionals,

Marcelle knows that your symptoms aren't "just a normal part of being a woman" or "not that big a deal." And in this book, she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health. So join Marcelle on this journey to implement simple, natural changes that will help eliminate your cravings, depression, mood swings, and weight gain, and make you feel energized, sexual, and in command of your life!

### **SUMMARY - Aroused: The History Of Hormones And How They Control Just About Everything** By Randi Hutter Epstein M.D -

Shortcut Edition 2021-06-23

\* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how your hormones affect all the elements that make up your body. You will also learn : that the science of hormones is very recent and has not finished making discoveries; that your hormones are not only reduced to sexual desire; that there are many hormonal abnormalities that affect the proper physical and cerebral development; that obesity and dwarfism often have hormonal causes; that discoveries about hormones have opened the mind to the case of individuals deemed abnormal. Endocrinology, or the science of hormones, is fairly recent in the history of mankind. The term appears in the 1920s, when insulin was discovered in the pancreas. The human body is composed of multiple hormones, each playing a particular role and interacting with each other. Hormones are chemical complexes that control the entire human metabolism, sleep, the immune system... How do hormones act on your body? \*Buy now the summary of this book for the modest price of a cup of coffee!

### **Sex Hormones, Exercise and Women** - Anthony C. Hackney 2016-11-09

It is well-established, through extensive peer-reviewed published research, that physical activity and exercise training can impact the reproductive endocrine system of women. This ground-breaking, comprehensive title presents a range of unique insights into the opposite question: how the reproductive endocrine system of women affects their

exercise ability. More precisely, the thematic question explored in this work is: if exercise affects reproductive hormones, conversely then could the reproductive hormones have physiological effects unrelated to reproduction that influence the capacity of women to exercise? In exploring this question, the goal is to better understand the unique physiology of women and whether female sex hormones might account for some of the variance in physiological performance between amenorrheic and eumenorrheic women, and within women across the age span as they experience menarche to menopause. *Sex Hormones, Exercise and Women: Scientific and Clinical Aspects* synthesizes the research by exploring the physiology and psychology behind these occurrences. This novel title will not only be of interest to researchers, exercise scientists, graduate students, and clinicians; it will also serve as a source of valuable information for female athletes and their trainers in the context of preparing for competitions.

**The Virility Factor** - Robert Bahr 1976

*Exploring the Biological Contributions to Human Health* - Institute of Medicine 2001-07-02

It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. *Exploring the Biological Contributions to Human Health* begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). *Exploring the Biological Contributions to Human Health* discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities

and addresses barriers to research. *Exploring the Biological Contributions to Human Health* will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

**It's Probably Your Hormones** - Mary Ryan 2023-07-20

Unexplained weight gain? Loss of libido? New-onset acne? These are just some of the possible signs that something is not right with your hormones. Women often start paying attention to their hormones when they approach menopause, but good hormone health is important throughout our lives. In *It's Probably Your Hormones*, Dr Mary Ryan, a consultant endocrinologist, explains how, by tackling problems when they arise, we can take control and improve our well-being. The unfortunate truth is that many women struggle to have their health taken seriously and fail to get the support needed to manage debilitating symptoms. In this revelatory and timely book, Dr Mary Ryan shows us how we to recognise issues and balance our hormones with various treatment options, including HRT, diet, sleep and exercise, so that we can live happy, healthy and balanced lives at any age.

*Modern Menopausal Hormone Treatment* - Hilde Löfqvist 2022-02-10

This unique book is structured to give the reader a comprehensive view to understand the decline of hormones at midlife and the risks and benefits of evidence based hormonal treatments. The difference between bio-identical and synthetic hormones is shown. With this book the author intends to restore the trust of the mostly positive effects of hormone treatment during menopause. In this book effective hormone treatments that may be carried on for years are discussed. Those hormones may even prevent age related diseases (arthralgia, osteoporosis, cardiovascular diseases) if started at the right time frame directly after menopause, known as "window of opportunity". This book fills a gap for medical health providers and can be of benefit for all women searching evidence-based information and answers on hormone menopausal changes and treatments. The book provides the reader with case histories to show how different women are at the menopausal transition, and what the doctor has to consider in the choice of investigation and

treatment.

**How to Turn Your Woman Into a Raving Nymphomaniac** - Mike Riley 2014-02

Women are complicated. They really, truly are. Ask any guy, he will tell you. However, us men can influence women. We can turn them into great lovers. We can turn them into nymphomaniacs! This book shows you how. Part of the reason women are complicated is they are ruled by their hormones at least half of the hours of their lives. These hormones influence their behavior so strongly that at times men would swear they act like at least two different girls in one body. By using the techniques in this book, you, Dear Reader, will be able change their hormone cascade to make them a caring mother and wife at one time and then a raging sex goddess at another. Guys rule! With this book in your back pocket, your life will be perfect! And your girl will be smiling every hour of every day. Sorry to tell you this, guy, but women need sex far more than men do. It is like a big secret. If men knew how easy it was to turn women into mindless sex machines, women would be at the mercy of any man they met. That is the last thing they want. Girls want to be in the drivers seat. They want men to love them when they want to be loved, not the other way around! Buy this book right now, men. Time is a wasting. There are so many women in the world who are dying to meet you. Dying to meet a man in the know. Dying to meet a man who can make them happy, if only for a few hours, a couple of days or for a life time of devotion. The choice is yours. You lucky man, you!

Womancode - Alisa Vitti 2013

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of

symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

**Increase Your Sex Drive Naturally** - Sandra Cabot 2012

No matter what age you are, it is possible to have a sex life and it can be a really wonderful one! You may think you are too old or that you have too many problems or even that it doesn't really matter because it is just too hard to talk about something so personal -- if you do think like this, then you need this book. A healthy sex life is good for your wellbeing and happiness and these things are important! This book enables you to gain intimate and practical information without being embarrassed. With the help of modern day technology and things like bio-identical natural hormones and the love hormone oxytocin, you can not only restore your sex life but slow down the ageing process.

**Sex Hormones** - Raghvendra Dubey 2012-02-08

Sex Hormones not only regulate reproductive function, but they also play a prominent role in the biology and physiology of several organs/tissues and in the pathophysiology of several diseases. During the last two decades, the information on the mechanisms of action of sex hormones, such as estrogens and androgens, has rapidly evolved from the conventional nuclear receptor dependent mechanisms to include additional non-nuclear, non-genomic and receptor-independent mechanisms. This highlights the need to update the current knowledge on sex hormones and their mode of action. Increasing evidence that exogenous/epigenetic factors can influence sex hormone production and action highlights the need to update our knowledge on the mechanisms involved. This book provides a systematic and updated overview of the



male/female sex-hormones and their impact in the biology and physiology of various organs. Additionally, the book discusses their positive and negative association with the pathophysiology of various diseases (e.g. osteoporosis, cardiovascular-disease, hypogonadism, reproduction, cancer) and their therapeutic potential.

*Sex and Cognition* - Doreen Kimura 2000-07-24

Doreen Kimura provides an intelligible overview of what is known about the neural and hormonal bases of sex differences in behavior, particularly differences in cognitive ability. In this fact-driven book, Doreen Kimura provides an intelligible overview of what is known about the neural and hormonal bases of sex differences in behavior, particularly differences in cognitive ability. Kimura argues that women and men differ not only in physical attributes and reproductive function, but also in how they solve common problems. She offers evidence that the effects of sex hormones on brain organization occur so early in life that, from the start, the environment is acting on differently wired brains in girls and boys. She presents various behavioral, neurological, and endocrinological studies that shed light on the processes giving rise to these sex differences in the brain.

*Testosterone* - Carole Hooven 2021-07-08

\*\*\* RECOMMENDED AS ONE OF THE TIMES' BEST SCIENCE BOOKS OF 2021 'With all the talk about testosterone in sex, sports and politics, we need a good explanation of the science and its implications, and this one is outstanding.' STEVEN PINKER, bestselling author of *The Blank Slate* 'There are whole books written about the idea that behavioural sex differences are a societal construct and how a male hormone we know influences animal behaviour somehow doesn't influence us. Hooven's book is a riposte to that silliness - and also a defence of a hormone that isn't just about aggression.' TOM WHIPPLE, THE TIMES, BEST SCIENCE BOOKS OF 2021 'Fascinating, vital, unputdownable.' JULIE BINDEL 'The definitive book on testosterone . . . A brave and significant book . . . simply fascinating and filled with extraordinary facts.' EVENING STANDARD 'Testosterone does what all superb popular science must do: it entertains as it educates.' THE WALL STREET

JOURNAL Through riveting personal stories and the latest research, Harvard evolutionary biologist Carole Hooven shows how testosterone drives the behaviour of the sexes apart and how understanding the science behind this hormone is empowering for all. The biological source of masculinity has inspired fascination, investigation and controversy since antiquity. From the eunuchs in the royal courts of ancient China to the booming market for 'elixirs' of youth in nineteenth-century Europe, humans have been obsessed with identifying and manipulating what we now know as testosterone. And the trend shows no signs of slowing down. Thanks to this history and the methods of modern science, today we have a rich body of research about testosterone's effects in both men and women. The science is clear: testosterone is a major, invisible player in our relationships, sex lives, athletic abilities, childhood play, gender transitions, parenting roles, violent crime, and so much more. But there is still a lot of pushback to the idea that it does, in fact, contribute to sex differences and significantly influence behaviour. Hooven argues that acknowledging testosterone as a potent force in society doesn't reinforce stifling gender norms or patriarchal values. Testosterone and evolution work together to produce a huge variety of human behaviour, and that includes a multitude of ways to be masculine and feminine.

Understanding the science sheds light on how we work and relate to one another, how we express anger and love, and how we fight bias and problematic behaviour to build a fairer society.

*Testosterone Rex* - Cordelia Fine 2017-01-24

"Goodbye, beliefs in sex differences disguised as evolutionary facts. Welcome the dragon slayer: Cordelia Fine wittily but meticulously lays bare the irrational arguments that we use to justify gender politics."—Uta Frith, emeritus professor of cognitive development, University College London Many people believe that, at its core, biological sex is a fundamental, diverging force in human development. According to this overly familiar story, differences between the sexes are shaped by past evolutionary pressures—women are more cautious and parenting-focused, while men seek status to attract more mates. In each succeeding generation, sex hormones and male and female brains are

thought to continue to reinforce these unbreachable distinctions, making for entrenched inequalities in modern society. In *Testosterone Rex*, psychologist Cordelia Fine wittily explains why past and present sex roles are only serving suggestions for the future, revealing a much more dynamic situation through an entertaining and well-documented exploration of the latest research that draws on evolutionary science, psychology, neuroscience, endocrinology, and philosophy. She uses stories from daily life, scientific research, and common sense to break through the din of cultural assumptions. Testosterone, for instance, is not the potent hormonal essence of masculinity; the presumed, built-in preferences of each sex, from toys to financial risk taking, are turned on their heads. Moving beyond the old "nature versus nurture" debates, *Testosterone Rex* disproves ingrained myths and calls for a more equal society based on both sexes' full, human potential.

**From Sex Differences in Neuroscience to a Neuroscience of Sex Differences: New Directions and Perspectives** - Belinda Pletzer 2015

This research topic aims to integrate scattered findings on sex differences in neuroscience into a broader theory of how the human brain is shaped by sex and sex hormones in order to cause the great variety of sex differences that are commonly observed. It can be assumed that these differences didn't occur arbitrarily, but that they rather determined and still determine evolutionary success of individuals and were shaped by the processes of natural and in particular sexual selection. Therefore, sex differences are not negligible and sex difference research cannot be discriminating against one sex or the other. In fact a better understanding of the underlying causes of sex differences has great advantages for both men and women and society as a whole, not only in terms of health care, but in every aspect of life. Gender equality can only work out if it is equally well understood for men and women what their individual resources and needs are. Therefore, it is of great importance to pave the way for identifying the underlying principles of structural and functional brain organization that cause men and women to act, think and feel differently. To this end it is of particular interest to identify possible similarities and interrelations between sex differences

that did so far stand separately, in order to investigate whether they share a common source. To understand, where a specific sex difference comes from and whether or not it is caused by the same principle as other sex differences, it is necessary to explicitly link sex differences in behavior to their neuronal correlates and vice versa link sex differences in brain structure and function to their behavioral outcomes. In particular a new understanding of male and female brain functioning may arise from findings on how sex hormones interact with various neurotransmitter systems. In the past few years several findings demonstrated that women's behavior is influenced by the sex hormone fluctuations they experience naturally during their menstrual cycle to the extent that sex differences may only be detectable in one cycle phase but not another. The study of menstrual cycle dependent effects gives important hints about which sex differences are activational and which are organizational. Additionally it only recently came to attention, that hormonal contraception may alter a women's mood, cognition and behavior as a consequence of changes in brain structure and function. The underlying mechanisms are so poorly understood that it is even hard to predict, whether hormonal contraception will mask or amplify sex differences in a given task. Since the oral hormonal contraceptive pill is meanwhile used by 100 million women worldwide and even by teenagers whose brains are not yet fully developed, the question of how the synthetic steroids contained in hormonal contraceptives act on the brain is to be studied hand in hand with naturally occurring sex differences. This topic summarizes the current state of the art in sex difference research and gives new perspectives in terms of hypothesis generation an methodology. Both are necessary to gain a complete picture of what it is that makes a brain male or female and move towards a neuroscience of sex differences.

**The alchemy of love and lust** - Theresa Larsen Crenshaw 1996-05-01

Mr. Mean - Jed Diamond 2010

"Jed Diamond strips away the 'shield of armor, ' revealing the naked truth about men's vulnerabilities at mid-life. This is the 'go to guide'



every woman must have to save herself, understand and support her mate, and strengthen their marriage. Men will absolutely benefit from this treasure trove of solid information as well." --Nancy Cetel, M.D., author of *Double Menopause*

*The Hormone Diaries* - Hannah Witton 2019-06-13

An honest, funny and feminist take on living with your period (and hormones!), by the award-winning sex education and body positivity champion, and author of *Doing It!*, Hannah Witton. When it comes to periods, we're often expected to cope with it quietly. But our periods and our hormones affect every area of our lives - so I am done with scuttling to the toilet with a tampon up my sleeve. It's clear that I'm not the only one aching to be more open about this. When I reached out to the online community, I received an outpouring of raw, real and hilarious stories about what we go through simply for having a uterus. From first periods to first coils, pimples to hot-water bottles and PCOS to endometriosis, *The Hormone Diaries* is your essential companion on the hormone rollercoaster. Filled with Hannah's insights, fascinating research and those priceless crowdsourced stories, it's the reassuring hug we all need. At least 50 per cent of the world has to deal with this stuff - it's time we started talking about it.

*Brain Storm* - Rebecca M. Jordan-Young 2011-10-15

Female and male brains are different, thanks to hormones coursing through the brain before birth. That's taught as fact in psychology textbooks, academic journals, and bestselling books. And these hardwired differences explain everything from sexual orientation to gender identity, to why there aren't more women physicists or more stay-at-home dads. In this compelling book, Rebecca Jordan-Young takes on the evidence that sex differences are hardwired into the brain. Analyzing virtually all published research that supports the claims of "human brain organization theory," Jordan-Young reveals how often these studies fail the standards of science. Even if careful researchers point out the limits of their own studies, other researchers and journalists can easily ignore them because brain organization theory just sounds so right. But if a series of methodological weaknesses, questionable assumptions, inconsistent definitions, and enormous gaps between ambiguous findings and grand conclusions have accumulated through the years, then science isn't scientific at all. Elegantly written, this book argues passionately that the analysis of gender differences deserves far more rigorous, biologically sophisticated science. "The evidence for hormonal sex differentiation of the human brain better resembles a hodge-podge pile than a solid structure...Once we have cleared the rubble, we can begin to build newer, more scientific stories about human development."

## Is Sex Just Hormones:

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