

# Connecticut Women<sup>OB/GYN</sup>

*Specializing in Women's Health*

Gayle B. Harris, MD   Peggy Ku, DO   Kara G. Keeton, MD  
Kathryn Pascucci, DO   Stacy J. Spiro, MD   APRN   Miriam Schwartz, APRN

## Miriam's Suggested Reading List

This list of suggested reading covers a wide range of topics that you might find interesting as you work to become your best you. Please note that we do not specifically endorse or subscribe to any of the publications and books listed below, and they should not replace advice from your physicians.

### Female Hormone Issues/PMS/Menopause

- Awakening Athena by Kenna Stephenson, MD, FAAFP
- Women's Bodies, Women's Wisdom by Christiane Northrup, MD
- The Wisdom of Menopause by Christiane Northrup, MD
- You've Hit Menopause Now What? By George Gillson, MD, PhD
- What Your Doctor May Not Tell You About Menopause by John R. Lee, MD
- The Menopause Revolution – Smashing the HRT Myth by Martin Milner, MD
- The Sexy Years by Suzanne Somers
- Ageless – the naked truth about bioidentical hormones by Suzanne Somers
- Slim & Sexy forever by Suzanne Somers
- Eat, Cheat, and Melt The Fat Away by Suzanne Somers
- Get Skinny On Fabulous Food by Suzanne Somers
- From Hormone Hell to Hormone Well by Randolph & James
- Natural Hormone Replacement – For Women Over 45 – The safe and natural menopause treatment alternative by Jonathan V. Wright, MD & John Morgenthaler

### Adrenal Fatigue

- Adrenal Fatigue by James L. Wilson, ND, DC, PhD
- Safe Uses of Cortisol by William McK. Jefferies, MD
- Tired of Being Tired by Jesse Lynn Hanley, MD
- The Cortisol Connection by Shawn M. Talbott

### Thyroid

- Overcoming Thyroid Disorders by David Brownstein, MD
- Iodine: Why You Need It, Why You Can't Live Without It by David Brownstein, MD
- Living Well with Hypothyroidism by Mary J. Shomon

### Cancer

- What Your Doctor May Not Tell You About Breast Cancer by John Lee, MD
- Love, Medicine & Miracles by Bernie S. Siegel, MD
- How to Live Between Office Visits by Bernie S. Siegel, MD
- Peace, Love & Healing by Bernie S. Siegel, MD
- Prescriptions for Living by Bernie S. Siegel, MD

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## Nutrition

- South Beach Diet by Arthur Agatston, MD
- A Week in the Zone by Barry Sears, MD
- Eating Well for Optimum Health by Andrew Weil, MD
- Ultrametabolism by Mark Hyman, MD
- The Schwarzbein Principle: The Truth About Losing Weight by Diane Schwarzbein
- The Schwarzbein Principle, The Program: Losing Weight the Healthy Way by Dian Schwarzbein
- The Schwarzbein Principle II: The "Transition" – A Regeneration Program to Prevent and Reverse Accelerated Aging by Diane Schwarzbein

## Relationships

- Men are from Mars, Women from Venus by John Gray, PhD
- Emotional Intelligence by Daniel Goleman
- The Proper Care & Feeding of Husbands by Dr. Laura Schlessinger
- Ageless – the naked truth about bioidentical hormones by Suzanne Somers
- Secrets About Men Every Woman Should Know by Barbara DeAngelis, PhD
- What Women Want Men To Know by Barbara DeAngelis, PhD

## Spiritual

- The Seven Spiritual Laws of Success by Deepak Chopra
- The Power of Intention by Dr. Wayne Dyer
- 10 Secrets for Success and Inner Peace by Dr. Wayne Dyer
- The Celestine Prophecy by James Redfield

## Complementary and Alternative Therapies

- Integrative Medicine by Alan Pressman, DC, PhD and Donna Shelley, MD