



# **Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional, and Sexual Well-Being**

*Johanna Skilling*

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# Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional, and Sexual Well-Being

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## **Fibroids: The Complete Guide to Taking Charge of Your Physical, Emotional, and Sexual Well-Being**

Johanna Skilling

The Complete Guide to Taking Charge of Your Physical, Emotional, and Sexual Well-Being When Johanna Skilling was diagnosed with fibroid tumours, she was confused by treatment recommendations that ranged from "watch and wait" to total hysterectomy. Even more frustrated by the lack of data about fibroids, she set out to close the information gap. Skilling explores the medical, emotional, and sexual implications of a fibroid diagnosis simply and thoroughly; explains what fibroids are, what influences their growth, what to expect after a diagnosis, and how to live with fibroids if surgery isn't chosen; and discusses traditional and alternative treatments and the mind-body connection.

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