

“The re-release of *The Woman Code* in paperback could not come at a better time. More than ever, we need the lessons and inspiration a book like this brings.”

From the Foreword by **Mika Brzezinski**, co-host of MSNBC’s *Morning Joe* and *New York Times* bestselling author of *Know Your Value*

# THE Woman CODE



20

Powerful Keys  
to Unlock  
Your Life

*Woman's Day*  
40 Best  
Inspirational  
Books for  
Women

Sophia A. Nelson

# The Woman Code

**Alisa Vitti**

## **The Woman Code:**

**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.

**The Woman Code** Sophia A. Nelson, 2021-03-16 Award-winning author and journalist Sophia Nelson, a senior columnist for USA Today and contributing editor at theGrio.com, and a frequent on-air political commentator for CNN, has shown women from coast to coast that they are special and uniquely connected. Within them is a soulful wellspring that can guide them to face life's challenges. Every woman lives by a Code, whether she realizes it or not. The Code has been quietly passed down through generations of the sisterhood of women. It is our road map to living and governs our romantic relationships, friendships, family ties, career choices, and personal sense of well-being and value. This inspiring bestselling book, updated with new insight from the profound economic and societal shifts that have changed our world with the advent of the global pandemic, explores 20 keys to unlocking the life you deserve. You'll learn the power of Knowing your innate value and worth, Teaching people how to treat you, Making peace with your past, Learning to lead from within, Lifting other women as you climb. The Woman Code helps women to honor themselves while navigating the demands of work, home, family, and friendship. It calls on women to live with grace and a sense of purpose, no matter their age or stage in life.

**Book jacket** **The Women's Code** Lisa Loving, LMHC, 2020-06-23 The Women's Code is a book of female empowerment to guide and help women to know and practice love and respect for themselves and each other. This book will teach both women and men how to better understand the needs of the opposite sex. Women will learn how to embrace all that comes with being a woman while teaching men how to respect all that is a woman. Men can learn what women view as a real man. Throughout the book, there is guidance and insight as to how to overcome life obstacles that try to break our spirits. This book is not only meant to change the life of individuals but also the way society functions for the better.

McCall's, 1924

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