

The background of the cover is a photograph of a woman's bare back. She is holding the white elastic waistband of her underwear with both hands, pulling it slightly away from her body. The lighting is soft, highlighting the texture of her skin and the fabric of the underwear. The title is centered over the upper part of the back.

The Art of Control

A Woman's Guide to Bladder Care

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The Art Of Control: A Woman's Guide To Bladder Care



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It is NOT normal, but it IS very common. Life should be carefree. Which book is the crucial to unveiling the secret. Let's do this! End letting your bladder control your daily life! Have a look around you. Yes, also if it has been years. How many times to they get right up to utilize the bathroom? You probably hardly ever observed because you are one of those ladies! Do you get yourself up at night to pee? Well, I don't and I can tell you how to sleep during the night from today on. How many females do you see at the restaurant, at the movies, at a kid's event searching for the bathroom? There is a way and this book will let you know how. It's time to break the cycle. You should be able to go where you intend to go and do what you want to accomplish — without your bladder defining your every move. End being among 'those women' and take control of your bladder, you will ever have! The time is currently. This doesn't need happen.



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With her techniques, I have been in a position to get control of my bladder and live an improved life without get worried. Great idea's! Great Wish!. I read this entire book in a couple of hours and it could have already been created about me. I have already been having this problem for over a season and it in fact sent me to the ER this past year it experienced gotten so very bad, and I couldn't find out what was wrong. I had got one UTI test after another . A must go through if you need to Bladder Train.We wished I had known concerning this book before but I am delighted to own it now.NOTHING and a healthcare facility did bladder scans, internal and external ultrasounds and found nothing wrong, except possibly an "irritated bladder". Okay, so what does one perform about this?. Now as I prepare for an 11 hour road visit to Alabama in Sept. for my wedding, I figured it was time to get serious. Who wants to stop every five minutes to move to the toilet anyway? This book makes so much feeling and I was like the girl in this book that thought not drinking so much would solve the issue. Wrong. Could of used this BEFORE surgery. Since I go through this publication just yesterday, I can't say she actually is correct and that will repair everything, but I am applying her program to the very last detail and you will be back to verify if it indeed works. This is an excellent book. Difficult topic, beautifully clarified, invaluable information for just about any female at any age. When I first encountered this book my first thought was, "I wish my mother had browse this. Leslie outlines a method and also qualified prospects us to a profound trip. After READING the book my thought is "I'm so pleased I read this. Disappointed that I did so not know this stuff sooner Extremely informative . I didn't expect it to be an easy read, such topics are often presented in either a boring or condescending manner.Where I had to awaken 6, sometimes 8 instances a night, I now have to get right up to pee one, or two times at most to pee. I'm not really totally there yet but following guidance in this book I am so far better! I have had an OAB for more than 8 years today. It helps to involve some mechanical support, but really, it is so much about stability and compassion.This book is a book for all women to learn. My ob gyn had not been sharing this info . After years of fighting bladder issues this book gave me hope. I also understand how much it helps to comprehend how reducing items that irritate the bladder make an enormous difference as well. What you need to know is certainly all in a single place. In the event that you haven't read the book before you are 50, you will gravitate to it shortly after that.I'd also add that book gave me thus much respect for my own body. When we think about it from this perspective, we certainly have compassion for this and all that people ask it to do. I appreciate her function and recommend it wholeheartedly. This publication helped me recognize that there is definitely a dilemma here. We don't simply fill a black package everyday with food and drink. We have an extremely sensitive, although robust, system we feed and nourish and, in some instances, beat on.It's an extremely challenging yet wonderful puzzle." I recall Mom's struggles with bladder control, how it affected her socially, how it modified where she was ready to move and what she was ready to wear. We like our daily indulgences like espresso and other irritating concoctions. If you have control issues - buy this book!! I understand from encounter that the exercises to strengthen the bladder and encircling muscles work. We love our day to day indulgences like coffee and other irritating concoctions Just the title of this publication made me desire to read it. I shared it with my physical therapist who enjoyed it so well she bought her personal duplicate! I gave a copy to my sister and she let me know she has also successfully followed the recommendations... Control of our anatomies is so much about finesse and understanding. Only 2 months ago my doctor finally delivered me to an urologist who told me I have an OAB. I got medication but that gave me tacchycardia, making me feel pretty harmful to 2 times. He gave me something else but I tore up the prescription. Excellent ideas to prevent anyone's bladder from leaking later on. Where I'd pee every fifty

percent hour to an hour I now can sometimes go for 5 to 6 hours without peeing. Essential read by both ladies and doctors. But I got a happy surprise there too - it's easy to read, the writer's character comes through clearly, and I felt like she was in fact working with me to greatly help me rather than writing a publication to instruct me something. The writing style is fast and simple to read, with smartly designed artwork. It took me 3 weeks, following the protocol, to get there. It takes a bit of discipline but, believe me, this functions! Recommended! She is i'm all over this about every symptom I have and the way I live my entire life always searching for a bathroom... I ordered tons of different supplements not to mention AZO bladder control and nothing at all helped me. We was blessed to meet up Leslie Parker earlier this year after having a full hysterectomy and bladder sling performed. Leslie not merely helped me recover but she provided me the various tools to retrain my bladder which have changed my life. The Art of Control: A Woman's Instruction to Bladder Care is crucial read. Thank god for yoga exercises moms which book Five Stars Great book! I have even experienced nights where I need not get right up at all to pee! Leslie made studying my bladder fun and not embarrassing. Excellent to avoid leakage too Bladder issues affect females (men to a lesser degree) and steal quality of life by keeping its victims in a cloak of embarrassment. Great book!! would recommend buying The Artwork of Control: A Woman's Guide to Bladder Care and passing it along to others. That is valuable information. Many thanks Leslie Parker. 1 out of 4 females are influenced by the impracticality, exhaustion, shame and sadness of the debilitating condition. This WORKS. you are greatly appreciated and have been a benefit to my health. She's under no circumstances intimidating or doesn't talk down to others because they're less educated or informed. This book allows many women to activate fully in lifestyle once again.. Leslie Parker obviously outlines an instant, inexpensive remedy for the vast majority of sufferers. Normally I'd pee around 150 ml but now I can occasionally endure to 600 ml!! We decided to go another path and the protocol, described in this reserve solved my problem.. ... A must go through if you need to Bladder Teach. All females should bladder train.. If you follow instructions you will notice results in a seven days. Five Stars This is good advice and it works. If you want this help you will be glad you got this book. Very helpful Great book, alot of information with charming humor! Good stuff! Struggled for years with OAB. This reserve changed some long kept beliefs about my method of this problem which have helped tremendously. Many thanks." There is so much here that's simply about getting healthier, not really correcting a problem. Wow! Disappointed that I did not know this stuff sooner .. It focuses on the bladder, needless to say, and it can that with the depth and breadth needed to enhance the lives of ladies with any kind of bladder control issues. This works! EASILY would have had this book before surgery, I probably would not of needed a bladder sling.



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