



# Rushing Woman's Syndrome

*Dr Libby Weaver*

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## **Rushing Woman's Syndrome** Dr Libby Weaver

Rushing Woman's Syndrome describes the biochemical and emotional effects of constantly being in a rush and the health consequences that urgency elicits.

In Dr Libby's own words, Rushing Woman's Syndrome, "comes from an age where women have been given the opportunity to take on what has traditionally been their father's duties while still maintaining their mother's responsibilities – what we see is women doing a frantic double shift, juggling more than they ever have before." Rushing Woman's Syndrome was inspired by Dr Libby's clinical experiences, treating hundreds of rushing women and feeling empathy for the many roles they now juggle. In the book Dr Libby explains how and why rushing woman's syndrome manifests, and provides practical solutions on how to eliminate it.

It doesn't seem to matter if a woman has two things to do in her day or two hundred, she is in a pressing rush to do it all. She is often wound up like a top, running herself ragged in a daily battle to keep up. There is always so much to do, and she very rarely feels like she wins, is in control and gets on top of things. In fact her deep desire to control even the smaller details of life can leave her feeling out of control, even of herself.

Overwhelmed, at times she feels like she can't cope, whether she admits it out loud or keeps it all inside, adding to her wound up, knotted stomach. She is fortunate if her sex hormones are balanced. Most women in this state suffer terribly with their periods and women who go into menopause in this state usually find it debilitating.

Dr Libby combines two decades of personal experience, fourteen years of university and thirteen years of clinical experience in her unique conversational style to offer you real solutions to both the biochemistry and the emotional patterns of the rush. She is a twice best-selling author of *Rushing Woman's Syndrome* and *Accidentally Overweight*. She divides her time between writing and travels the world holding seminars and workshops as a specialist in women's health and optimum nutrition to audiences in the thousands. In August, Dr Libby will be a keynote speaker next to Dr Oz and American broadcast legend Larry King at one of the world's largest health conventions in the USA.

"Libby embraces a holistic approach by treating the root cause of an ailment. Her extensive knowledge of how the body works makes her a "one-stop shop" in achieving and maintaining ultimate health and well being."

- Deborra-lee and Hugh Jackman

"Dr Libby is a rock star of the nutrition world, a poster woman for the health conscious and a beacon of hope for a mind/body health solution."

-Kate Coughlan, Editor, NZ Life & Leisure

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