



# The PMS Pantry Cookbook

*Ilsa Glanzberg Skinner, Denise Skinner*

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THE PMS PANTRY COOKBOOK is a humorous cookbook filled with recipes and anecdotes to soothe the savage beast in most of us. Filled with easy to prepare comfort food recipes, THE PMS PANTRY COOKBOOK also takes a light hearted look at the symptoms we all suffer from. The back section also has some helpful hints for the men.

This title would make a great gift to the women in your life with a sense of humor and no time to cook.

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