



Climbing the Mountain Together: Overcoming Obstacles in Your Relationship

Tammy Zarulko

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Ever feel like you're not living each day of your life to its fullest potential? Like you're missing out on something better? You're not alone. Based on hard lessons learned from years of breakups and makeups, Tammy Zarulko opens her heart and reveals the secret to finding a lifelong happy relationship, in a way that's never been done before. She gives couples the tools they need to balance their ups and downs every day of the month—naturally! Menstrual cycles and period cramps don't have to ruin your relationship. The emotional high's and low's that come and go with a woman's "period" are clearly explained throughout this book, along with daily tips on how you and your partner can overcome those obstacles when they arise. Each chapter is full of take-charge strategies covering diet, exercise, hormones, healing tips, and down-to-earth advice about life, love, and relationships. The author's approach to managing and ultimately breaking free from the cycle of pain is designed for real couples who have a genuine desire to CLIMB THE MOUNTAIN TOGETHER. This book will not only help you survive the journey, but it will show you how to reach exciting new heights in your relationship.

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