

### Women's Wisdom Perpetual Flip Calendar: A Calendar to Use Year After Year

Christiane Northrup M.D.



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In this perpetual flip calendar that you can use year after year, trusted women's health expert **Christiane Northrup**, **M.D.**, shares her warm and witty wisdom on creating vibrant health within your mind and body. Dr. Northrup offers inspirational quotes, empowering affirmations, enlightening exercises, and even bits of scientific research—all designed to help you make the most of each and every day. Her insightful guidance is a potent prescription for not only improving your health, but also for bringing great joy into your life on a daily basis.

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