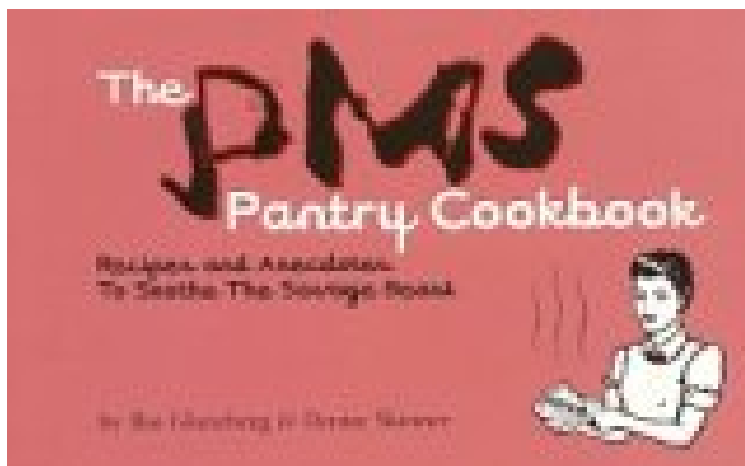


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## The PMS Pantry Cookbook

*Ilsa Glanzberg Skinner, Denise Skinner*  
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**Ilsa Glanzberg Skinner, Denise Skinner : The PMS Pantry Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The PMS Pantry Cookbook:

2 of 3 people found the following review helpful. This book cooks!By A CustomerHey, I'm a GUY and I thought this book was hilarious! And very true-to-life as well, believe me (I've been married 19 years!). Guys, buy this as a gift and give it to your wife next time she's having PMS and needs a laugh. You'll both find a lot to laugh about in this book. (And anyway, the authors are both cute!)1 of 1 people found the following review helpful. The BEST giftBy A CustomerThis cookbook is HILARIOUS and it filled my tummy. What a perfect gift. Try the Never Fat Free Fudge and the Bloated Tuna Casserole...1 of 1 people found the following review helpful. absolutely hystericalBy A Customeroh my gosh, i never thought that having PMS could be funny, but these two have done it! Thank you

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.

About the AuthorIlsa Glanzberg and Denise Skinner met in '88 when they worked for a music trade publication. They not only became fast friends but author and publishers of the PMS PANTRY Cookbook. Through all the bumps in the road, the one thing they have found is that humor got them through a lot. Although they have never received any formal medical training, the following life experiences qualify them to be your Midol Mavens: college graduate, bartender, barmaid, shoe, sailboat and advertising salesperson, waitress, art framer, gardner, record company executive, pr person, radio disc jockey, sex goddess, daughter, sister, aunt, mother, wife.Excerpt. Reprinted by permission. All rights reserved.Oh, my God! Here IT comes again. Just when you're starting to feel sane, IT creeps up on you. You know the feelings...What do I do? Go back to bed? Abuse the family? Go on a shopping spree for clothes that are two sizes too small? Yes, IT is PMS - the demise of female sanity, the loss of self-esteem...a mystery to womanhood and all who walk the earth. Throughout history, PMS has played a major role in the defense of everything from a simple teary outburst to a host of heinous crimes.....with some of these reasons considered, we thought it our duty as psycho-sister to create a humorous yet soothing respite from the turmoil's of the PMS prison.