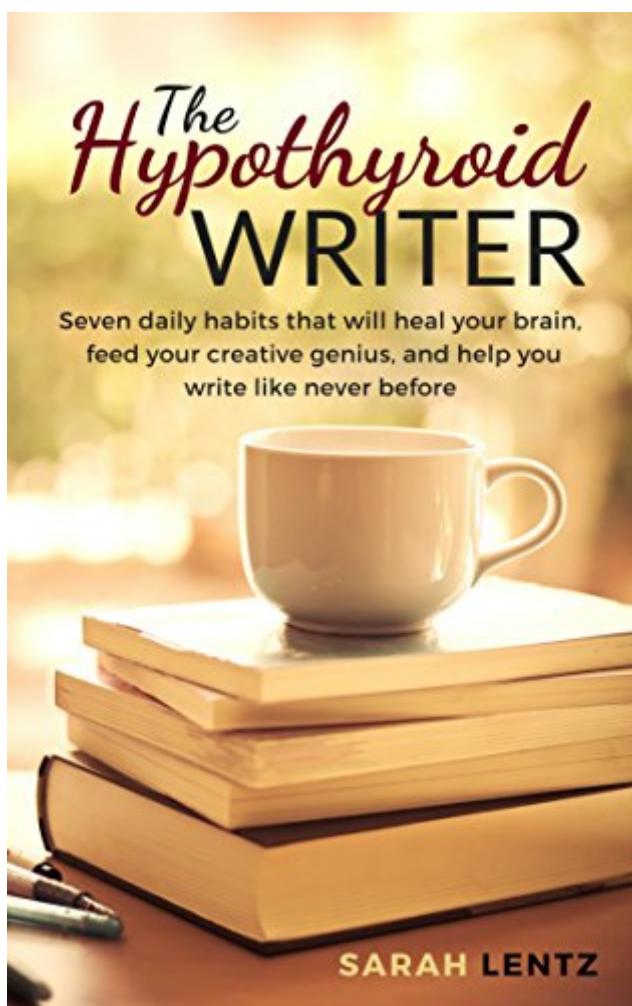


The book was found

The Hypothyroid Writer: Seven Daily Habits That Will Heal Your Brain, Feed Your Creative Genius, And Help You Write Like Never Before



Synopsis

Is your hypothyroidism preventing you from writing the way you want? Learn how to let out your inner artist while you heal your body and mind! Are you struggling with a never-ending brain fog? Is your lack of energy getting in the way of your writing habits? Have you ever thought of writing a book, only to catch yourself thinking you're not likely to succeed with that when you can barely manage doing enough to survive? Writing for a living can be enough of a challenge, but if you're living with thyroid dysfunction, you know it affects everything -- and it makes it all the harder to succeed as a writer. After being diagnosed with hypothyroidism at the age of five, Sarah Lentz has spent most of her life learning how to overcome her obstacles, heal her brain, and become the person and the writer she was born to be. Now she's sharing her valuable lessons with you. In *The Hypothyroid Writer*, you'll discover:

- How to clear your brain fog for better concentration and memory
- A method for making the most of your energy and generating even more
- Key tips to boost your mood and defeat depression and anxiety
- A system for feeling less nervous, exposed, and oversensitive so you can better accept feedback
- The most important new habits to learn, and much, much more!

The Hypothyroid Writer is an absolute must-read for every creative suffering through a foggy brain. If you like research-backed advice, empathy and understanding, and tried-and-true methods from someone who has been there before, then you'll love Sarah Lentz's essential guide to writing success. Buy *The Hypothyroid Writer* today to open the door to thriving, creating, and healing!

Book Information

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Customer Reviews

This book is not just for the hypothyroid writer. It is for anyone who deals with the symptoms of hypothyroidism. In Part One, Sarah Lentz explores the areas where hypothyroidism can affect the individual - brain fog, low energy, increased sensitivity, depression, and anxiety and social anxiety. She also addresses how it is often overlooked because lab work often comes out "normal". In Part Two, she delves into seven habits to cultivate to manage living with hypothyroidism - know your why, have an early morning routine, daily journaling and handwriting, music therapy, daily exercise, own your vulnerability and share, and de-cluttering. This book is well-written and full of practical information. The author also provides a resource section, including her favorite apps. If you are struggling with hypothyroidism, you will want to get this book!

This is one of my favorite books. Sarah Lentz is a wonderful writer who cares about her readers. This book has been incredibly helpful to me when my thyroid medication was lowered to a level that made me severely dysfunctional. She is a hero for dealing with long term hypothyroidism.

As a health and fitness professional the topic of this book is very near and dear to me. All too often I get clients that come in with obvious thyroid issues, but because they are in a broken system we call health care, my clients get untreated or just thrown a pill hoping just treating the symptom makes it go away. Sarah takes an outside in approach to Hypothyroid care in this book to help creatives heal their brain. I highly recommend it for those looking to venture into using their brain for any creative nature that can be a challenge with Hypothyroidism.

Thyroid dysfunction can affect everything in your life. It can be very frustrating, distracting and discouraging. This book can help you function better and improve your symptoms, your health and your energy. Follow the daily habits and recommendations in this book and you will feel better in

every area your life.

Actually, this book is for almost everyone. Because almost everyone I know is dealing with either brain fog, or low energy, or depression, to name just a few. But almost no one is coming up with a do-it-yourself regimen to deal with any of this that doesn't cost a fortune. Sarah, however, does exactly that. She shows you easy steps you can perform on your own, to help turn many of these symptoms around. And she's not coming from just a theoretical point of view, either. She's been there, so knows how it feels. My guess is, most of the populations needs this info... I know I did!

A unique book about the struggle of living with a difficult disease and learning to do life in spite of it. Although Ms. Lentz' focus is on the art of writing and raising children while struggling with brain fog, low energy, and mood issues, her story reveals positive coping methods that are useful for anyone who struggles with chronic health issues. This book is a confidence booster to those who suffer with thyroid issues and encouragement to the rest of us who just can't seem to find the time to get the writing done that we need to do. If you are a procrastinator like me, you might find this book helpful.

This book is well-written and full of practical information. The author also provides a resource section, including her favorite apps. If you are struggling with hypothyroidism, I would certainly get this book. I personally don't but I read this because I know several authors and creatives who do, and it was having a negative impact on their work. This book clearly outlines the struggles, symptoms and then finally, strategies that authors can implement to overcome this challenge holding them back. All authors have challenges when writing but this condition, as the author tells us she deals with, is never one that I had heard of before coming across this book. It is great that writers going through this now have a guide and a resource they can rely on to help cope and manage the condition known as hypothyroidism. The recommendations and powerful suggestions Sarah talks about in the book are life-changing if you have this condition. I am glad that someone had the courage to finally write about it. Well-written and detailed to the point, use this book and follow the author's instructions and guidance if you are a hypothyroid sufferer.

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