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208 pages
Original title: *Superuka*
- *Hvordan syklusens beste uke hjelper deg med jobb, trening, kreativitet og ligging!*
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Line Tiller

Super Week.

How ovulation kickstarts your career, workouts, creativity and dating life – every month

The female cycle has a well-kept secret. The seven days leading up to ovulation. For healthy, menstruating women this week bring a cascade of gifts; this week bring a cascade of gifts; extra self-confidence, sex drive, creativity, happiness and can transform us into emphatic hard-working machines. We all know about the lows of PMS, blood and pain, but we never really talk about the opposite side. 'A couple of days before the egg pops, a queue of cool hormones party in your body, its like a Red Bull topped off with an Irish Coffee mixed with a few lines of natural cocaine', Line Tiller writes in *Super Week*. She has interviewed researchers, doctors and experts on the subject, and injected her own experiences related to these up until now hidden and very special days. When you know how to take advantage of this natural high it can change the way you work, date, plan, eat, talk, sleep, negotiate and work out – every month. In this riveting, funny, shameless, and informative book you learn how you can make the most of your Super Week.

Line Tiller

Line Tiller (b. 1983) grew up in Trondheim, Norway. She started her career as a freelance journalist and photographer when she was 15 years old. She has studied both anthropology and sociology (and some Spanish) and has been writing long read documentaries for Norwegian newspaper magazines for 25 years. She has also worked as a reporter and host for TV and radio channels. Line was based between New York, L.A. and Barcelona for more than ten years. Since 2015 she has been particularly interested in the female cycle. This has led to hundreds of conversations with a variety of researchers, doctors, experts, and women in the Nordics, Europe, and the USA about hormones, egg donation, egg freezing, menopause, and fertility. *Super Week* is her first book.



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