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Outsmarting Female Fatigue: Eight Energizing Strategies For Lifelong Vitality [M.P.H., R, Debra Waterhouse] on Amazon.com. *FREE* shipping on qualifying offers. Nationally renowned women's health expert Debra Waterhouse is back and this time to help millions of women feel empowered by life instead of exhausted by it. Waterhouse clearly demonstrates why 80% of all women are constantly being ...Find helpful customer reviews and review ratings for Outsmarting Female Fatigue: Eight Energizing Strategies For Lifelong Vitality at Amazon.com. Read honest and unbiased product reviews from our users. This book addresses women _without_ fatigue-related medical conditions, which seems a bit contrary to the title. She separates the aspects of one's life into eight different zones, and then offers a chapter on each and what you can do to help yourself overcome fatigue by improving the aspects of that zone. Outsmarting Female Fatigue: Eight Energizing Strategies for Longlife Vitality by Debra Waterhouse, M.P.H, R.D. starting at \$5.09. Outsmarting Female Fatigue: Eight Energizing Strategies for Longlife Vitality has 1 available editions to buy at Alibris UK