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Taking, The Sleep You're Missing, The Sex You're Not  
Having, And What's Really Making You Crazy By Julie  
Holland**

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**Moody bitches**

You re Taking, the Sleep You re Missing, the Sex You re Not Having, and What s Really Making You Crazy, moody. Moody Bitches is Holland s call to

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Julie Holland, MD (born December 13, 1965) is an American psychopharmacologist, psychiatrist, and author. She is the author of Moody Bitches: The Truth About the

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Drugs You're Taking, the Sex You're Not Having, The Sleep You're Missing and What's Really Making You Dr. Julie Holland's upcoming book "Moody Bitches."

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This article appears in the March 2015 issue of ELLE magazine. There is one authentic moment in Julie Holland's new book, *Moody Bitches: The Truth About the Drugs You*

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