FOOTNOTES

 The Women’s Brain Book – the neuroscience of health, hormones and happiness, Dr Sarah McKay pg 14

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 Inferior: how science got women wrong and the new research that’s rewriting the story, Angela Saini pg 119

 Inferior: how science got women wrong and the new research that’s rewriting the story, Angela Saini pg 109

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 Inferior: how science got women wrong and the new research that’s rewriting the story, Angela Saini Inferior pg 118

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#  The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

 The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

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