## Be Pee Free - 31 Ways to Deal With and Solve Bladder Leakage



If urine leakage, sometimes called light bladder leakage is not normal but is widespread, what are the solutions? Fortunately, there are numerous solutions available which reduce occurrences and in many cases, eliminate it. Too many women suffer with this problem but are too embarrassed to find out what to do about it. I have included 31 possible treatments and solutions in this eBook. Depending on your specific condition, some solutions will work better than others. My task is to give you the information you need to discover which solution(s) work best for you. If you, or someone you know, are not doing certain activities because you are worried about peeing your pants, I promise solutions that will give more confidence to participate in life tomorrow and great ideas for long term solutions!

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