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Menopause With
Science And Soul
With Science
And Soul A
Guidebook For
Navigating
The Journey

**Menopause is a
dramatic but
largely
overlooked**

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A Guidebook For
Navigating The
Journey

developmental
window to the
second half of
life. Although
today's women
are more aware
of and actively
involved in
mapping their
menopausal
journey than
generations
before, many
still do not see

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menopause as a
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time of
A Guidebook For
important
psychological
and spiritual
transformation.
This book goes
far beyond hot
flashes and gets
to the very
heart of the
midlife journey,
helping women
find their

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unique voice and
speak their
truth in an era
of #MeToo and
#ChurchToo.

Coming alongside
readers as a
wise spiritual
guide, pastor
and theologian
Cheryl Bridges
Johns identifies
seven key
developmental

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"tasks" of
Science And Soul
menopause and
A Guidebook For
gives practical
Navigating The
ways women can
embrace each
Journey
one. She
encourages women
to view these
tasks as gifts
as they
experience the
remarkable
physical,
emotional, and

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spiritual
Science And Soul
transformation
A Guidebook For
that occurs in
Navigating The
this stage of
Journey
life. Written in
a warm and
conversational
tone, this book
helps women
chart a course
for the future,
leading them to
a renewed sense
of identity, a

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more focused
vision for life,
and a deeper
spirituality.

Each chapter
includes guided
questions for
personal
reflection and
study questions
for group
discussion.

Wellness Wisdom
lifted my energy

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immediately . . .
Science And Soul
. This book
A Guidebook For
contains a
powerful
Navigating The
blueprint for
Journey
what wellness
looks and feels
like. CHRISTIANE
NORTHRUP, M.D.,
author of Womens
Bodies, Womens
Wisdom, Mother-
Daughter Wisdom,
The Wisdom of

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The Secret
Pleasures of For
Menopause "Susan
Tate is a
joyful,
enthusiastic,
cosmic
cheerleader for
life, health,
and
consciousness.
She has managed
the almost

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impossible task
of making
transformational
reading fun and
inviting.

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timeless
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mind, heart, and
soul." **MARC**

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people to fall
in love with
their bodies and

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the reader from
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DEBORAH KERN,
Ph.D., author of
Everyday
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Women and co-

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author of Create
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the Body Your
Soul Desires For

"Susan opens the
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door for us to
Journey
heal from the
inside out."

This book is a
practical
holistic
wellness tool to
help us create
our own wellness
philosophy that

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A Guidebook For
expands beyond
body fat and
blood pressure!

Navigating The
Journey
It highlights
important
wellness

dimensions we
often neglect
such as joy,
forgiveness,
love, and
laughter. I love
how practical
the information

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is and how
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inspiration is
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delivered
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through many
personal

stories. Susan
opens the door
for us to heal
from the inside
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WOLFE, M.B.B.S.,
M.A., co-author
of Create the
Body Your Soul

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elegant
simplicity,
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provides a step-
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the latest
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and mind/body
healing

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strategies to
lead you gently
forward on your
wellness
journey. In her
engaging style,
Susan Tate
offers
nourishing
stories, well-
researched
theory,
practical
exercises, and a

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powerful
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Wellness Bill of
Rights all
A Guidebook For
written with you
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in mind.
Journey

The Miracle! In
this book
Nicholas
presents you a
practical,
unique,
subliminal, very
simple, detailed
method of how to

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Thrive in
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Menopause. You
will feel the
effects
immediately and
the results will
appear very
quickly! So it
was in my case.
You will not
achieve
fulfillment and
happiness until
YOU become the

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architect of
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your own
A Guidebook For
reality. Imagine
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that with a few
Journey
moments each
day, you could
begin the
powerful
transformation
toward complete
control of your
own life and
well being
through this

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unique,
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subliminal
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method combined
with positive
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affirmations.

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words is
extremely
important for
every book
written by
Nicholas. These
are arranged to
be traversed in

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a certain way so
as to eliminate
certain
blockages in the
human being,
blockages that
are bringing
disease or
failure on
various plans.
You don't need a
big chunk of
your time or
expensive

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programs.

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prosperity,

abundance,

safety,

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sociability,

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vitality, erotic

attraction,

will, optimism,

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tenacity,
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refinement,
intuition,
detachment,
intelligence,
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to unlock your
full inner-
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themselves

completing the

event flawlessly

just before

starting. Then

they win gold

medals and

become

champions.

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one example of
how the real
power of mind
can elevate you
above any of
life's
challenges. By
reading this
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feel totally
that life
deserves to be
lived and

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enjoyed every
moment and that
everything that
you propose for
yourself becomes
easy for you to
fulfill.

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guide you to
touch your
longed-for dream
and will make
you see life
from a new

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to change your
misguided way of
thinking and to
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In the past,
menopause was a
'hidden' taboo
topic with so
much negativity
associated with
it. It was seen
as a purely
physical process
linked with
degeneration
into old age and
ill health.
However, with

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woman living
longer it has
begun to be
perceived as a
rite of passage
into a new way
of living and
being, linked
with more
freedom and
energy.

Menopause itself
can still be
very

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debilitating for
many women. This
book is personal
journey into the
time of
menopause
looking at it
from a spiritual
point of view
first and how
spirituality can
help with
physical, mental
and emotional

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symptoms. It seeks to show it as a natural part of life. Personal insights are linked into meditations and mantras to help the reader fully embrace this exciting time of moving into her 'wise woman'

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time. It helps women take possession of their menopause, rather than the other way round. The author bears her soul with both honesty and humor. A must for any woman nearing menopause and partners who are

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Women, Medicine,
and Menopause in
Modern America

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the Volvo: My
Year of Raging
Hormones

The Wisdom of
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Women Over 50
The Journey of
My Soul
Cell-Level
Healing
The instant New
York Times

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bestseller! "In
The XX Brain,
Lisa
meticulously
guides us in
the ways we can
both nourish
and protect
ourselves, body
and mind, to
ensure our
brains remain
resilient

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**throughout our
lives." --from
the foreword by
Maria Shriver
The first book
to address
cognitive
enhancement and
Alzheimer's
prevention
specifically in
women--and to
frame brain**

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**health as an
essential
component of
Women's Health.
In this
revolutionary
book, Dr. Lisa
Mosconi,
director of the
Women's Brain
Initiative at
Weill Cornell
Medical**

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College,
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provides women
A Guidebook For
with the first
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plan to address
Journey
the unique
risks of the
female brain.
Until now,
medical
research has
focused on
"bikini
medicine,"

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**assuming that
women are
essentially men
with breasts
and tubes. Yet
women are far
more likely
than men to
suffer from
anxiety,
depression,
migraines,
brain injuries,**

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**and strokes.
They are also
twice as likely
to end their
lives suffering
from
Alzheimer's
disease, even
when their
longer
lifespans are
taken into
account. But in**

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**the past, the
female brain
has received
astonishingly
little
attention and
was rarely
studied by
medical
researchers--
resulting in a
wealth of
misinformation**

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**about women's
health. The XX
Brain confronts
this crisis by
revealing how
the two
powerful X
chromosomes
that
distinguish
women from men
impact the
brain first and**

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foremost and by
focusing on a
key brain-
protective
hormone:

estrogen.

Taking on all
aspects of
women's health,
including brain
fog, memory
lapses,
depression,

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stress,
insomnia,
hormonal
imbalances, and
the increased
risk of
dementia, Dr.
Mosconi
introduces
cutting-edge,
evidence-based
approaches to
protecting the

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**female brain,
including a
specific diet
proven to work
for women,
strategies to
reduce stress,
and useful tips
for restorative
sleep. She also
examines the
controversy
about soy and**

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hormonal
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replacement
A Guidebook For
therapy, takes
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on the perils
Journey
of
environmental
toxins, and
examines the
role of our
microbiome.
Perhaps best of
all, she makes
clear that it

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**is never too
late to take
care of
yourself. The
XX Brain is a
rallying cry
for women to
have full
access to
information
regarding what
is going on in
their brains**

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and bodies as
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roadmap for the
path to
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that menopause
has on lesbians

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on the latest
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provide a
customizable
plan of
nutrition,
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symptoms as hot
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readers how
they can repair
and renew their
bodies at the
cellular level.
A Guidebook for**

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pharmaceutical
drugs making
you or your
family sick?
Do you want to
use safe,
earth-friendly

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medicines? Do
you know how
to effectively
use
supplements
and natural
remedies to
build optimal
health? 66% of
the U.S.
population
consults

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alternative
health care
providers and
over 70% take
supplements,
but many
people don't
know how to
use these
methods
effectively.
This family

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health
companion
shows you how
to address:

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wetting,
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this gem of a
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for general
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rigor to

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about self
care that
reads like a
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such a warm
and friendly
voice, and the
information
she relays is
thorough and
practical in
every sense of
the word. I
keep The Green
Medicine Chest
close at hand

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so when I hear
the first
sneeze,
complaints of
fatigue, or of
encounters
with poison
ivy, I can
come to the
rescue with
the types of
treatments I

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prefer.

??Leigh

Fortson,

Embrace,

Release, Heal

Menopause is a

biological

reality for

all women in

their forties

and fifties.

Yet the way we

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think about
the cessation
of
menstruation
is influenced

by a variety
of factors.
Cultural and
technological
influences
combine with
biology to

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transform this
universal
phenomenon
into an
experience
that varies
considerably
between
cultures and
individuals.

In this
concise book,

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Lynnette Leidy
Sievert draws
on her own
case studies
from Puebla,
Mexico, and
western
Massachusetts,
as well as on
comparative
data from
other studies

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in places such
as Slovenia,
Paraguay, and
Hawaii, to
explore the
different ways
that women
experience
menopause
around the
world. Sievert
suggests that

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attempts by
medical
professionals
to define the
"normal"

occurrence of
menopause,
including its
typical onset
and symptoms,
may not be
realistic when

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considering how lifestyle, nutrition, and workload can contribute to diverging realities. She explores how women feel about hysterectomies, chemotherapy,

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and other
medical
procedures and
treatments
that stop
menstruation
prematurely.

She also
considers
recent
advances in
technology,

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including post-
menopausal
birth, which
have turned
what was

previously an
unavoidable
end of
fertility into
something that
can be
postponed. A

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unique
comparative
look at
women's
experiences,
this text
brings new
perspectives
to the
mainstream
literature on
the subject

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and invites readers to consider compelling questions about menopause, its meanings, and its future.

“Perimenopause and menopause can be very

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difficult
times for
women, both
physically and
emotionally.

This book
empower[s]
women with
information
and advice."

—Dr. Louise
Newson, GP and

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specialist,
A Guidebook For
developer of
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My Menopause
Journey
Doctor

Discover new,
effective
remedies for
menopause and
perimenopause
symptoms
(migraines,

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hot flashes,
mood swings,
and more) in
this powerful
book, written
by a fitness
expert who
experiences
many—and
shares her
secret to
thriving in

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Women Over 40

At a time when

menopause has

become an

urgent,

necessary

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with the likes
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Obama
revealing
their
struggles for
the first time
on the
internet,

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the roadmap
Journey
she uses to
thrive during
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and menopause
in
Menopocalypse.
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menopause
journey and
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of your own
hormones and
how they
factor in
menopause and
your overall

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your doctor,
other health
professionals,
your family,
and friends;
Advice for

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achieving
optimal health
during
perimenopause
and menopause
by changing
your diet,
fitness
routine, and
more lifestyle
factors.

Amanda Thebe

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was working as
a personal
trainer and
fitness coach
when, at age
43, she began
to experience
debilitating
exhaustion,
dizziness, and
depression. At
the time,

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Thebe didn't know it was all related to her hormones.

The busy mother of two, who was used to climbing mountains and traveling the world, only knew she

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struggled to
get out of
bed. After
several failed
doctor's

appointments,
Thebe saw her
gynaecologist,
who finally
named the
source of her
struggles:

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perimenopause,
the period of
5-10 years
before
menopause,
when a woman's
fluctuating
estrogen
levels put her
at risk of
depression,
anxiety,

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headaches, and
more ailments
related to
female hormone
health.

Empowered by
information,
Thebe began
her journey
back to her
former self,
overhauling

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her approach
to diet and
exercise. In
Menopocalypse,
she explains
how to deal
with

migraines, hot
flashes,
weight gain,
exhaustion,
poor sleep,

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vaginal
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dryness, and
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mood swings—of
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fering tips
Journey
that have
worked for her
and others.

She shares
information
about hormone
therapy. She
even shares

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her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the

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exercises, so
you can feel
empowered,
fit, and ready
to tackle the
day. Menopause
isn't fun,
sexy, or cool,
and a woman
might spend
one-third of
her life in

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it—but that
doesn't mean
women should
suffer in
silence
without
support. Let
the outspoken
and honest
Amanda Thebe
be your guide
to

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surviving—and
thriving—durin
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menopocalypse.
This book

deals with the
experiences of
an airman, a
radio
telephone
operator, one
of the many

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"ordinary
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people" who
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served their
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An updated edition of
Germaine Greer's
revolutionary discussion
of menopause, which the
New York Times Book
Review called "a
brilliant, gutsy,

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exhilarating, bruising,
exasperating fury of a
book." A quarter of a
century after the first
publication of Germaine
Greer's now canonical
look at women's
experience later in life,
the renowned feminist
and prolific author
updates and expands
her essential book, *The
Change*. Despite
improvements over the

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last few years,
discussions about
menopause are still
hampered by a huge
variance in

conventional wisdom
about what happens,
when it happens, when it
can be said to be over,
and how to deal with it.
After decades, the same
misinformation and
ineffective methods are
still being widely touted

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and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes--including up-to-date medical details--women face today when they go

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through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she

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should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

Describes preventable, chronic diseases from which black women

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suffer, including diabetes, heart disease, and cancer, and offers self-tests, health information, and encouragement to help women achieve long-lasting health.

The comprehensive examination of this very real health issue.

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friend talking to
you over drinks - if
your best friend is
a shit-talking, patri
archy-smashing,
intersectionally
feminist professor
of the history of
reproductive
medicine and also
an endocrinologist
with a side hustle
as a comedian.' -

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Dr Emily Nagoski,
NYT bestselling
author of *Come As
You Are* What to
Expect When
You're Not
Expected to
Expect Anything
Anymore

Perimenopause
and menopause
experiences are as
unique as all of us

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who move through them. While there's no one-size-fits-all, Heather Corinna tells you what can happen and what you can do to take care of yourself, all the while busting pernicious myths, offering real self-care tips - the kind that won't break

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the bank or your
soul - and running
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and support,
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other gender-diverse people, people of colour, working class and others who have long been left out of the discussion, What Fresh Hell Is This? is the cooling pillow and empathetic best friend to help you through the fire.

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peaceful, and
joyful orientation
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experience at

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menopause and
beyond. A year's
worth of daily
teachings will offer
you micro-
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care and self-devel-
opment—mentally,
physically, and
spiritually.

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teaching is space
for you to journal

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whatever thoughts, emotions, or sensations arise. The exercise section includes an illustrated guide to yoga postures and outlines sequential poses that foster greater ease and awareness of the

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body, while the
guided
meditations and
breath exercises
promote body-
mind unity through
expanded peaceful
awareness. The
book addresses
issues common to
women during
menopause
sensitively, and

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gives recommendations for dealing with common complaints such as insomnia, fatigue, low energy and libido, anxiety, depression, hot flashes, physical discomfort, poor digestion, and weight gain.

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Together, these teachings, exercises, and reflections will help you approach menopause mindfully, and joyfully, as you deepen your practice and transition into a new stage of life. Highlighting how

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and why the
concerns of
lesbians are often
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life," this book
draws on
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experiences to
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menopause can be
a time to rejoice,

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not despair.
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women, it was
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mere biological marker. While biomedical and feminist researchers agree that menopause is a time of transition and border crossing, they offer diverse viewpoints about whether perimenopause

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and menopause
signal deficiency
and burden, or
growth and
freedom, or both.

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to mark the
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learned on the
journey: "the
discovery that I was
done with the heroic
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acceptance of
weakness and
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recognition of my
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women to make
informed decisions
about their health.
For years, hormone
replacement
therapy (HRT) was
hailed as a miracle.
Study after study
showed that HRT, if
initiated at the
onset of
menopause, could
ease symptoms

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ranging from hot
flashes to memory
loss; reduce the risk
of heart disease,
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some cancers; and
even extend a
woman's overall life
expectancy. But
when a large study
by the Women's
Health Initiative

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announced results showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a

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medical oncologist,
and Dr. Tavris, a
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They investigate
what led the public
-- and much of the
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beneficial
treatment and
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women
everywhere.

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its symptoms: hot
flashes, night
sweats, and more.
While menopause
triggers physical

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changes, it also
brings forth
spiritual issues that,
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mark a redefinition
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time. The author first provides a clear understanding of the overall process of menopause, from biological changes to emotional challenges. She then offers research-based nutritional guidelines that can help relieve

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menopausal
symptoms, as well
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of twenty
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through this
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important for every
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arranged to be
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eliminate certain
blockages in the
human being,
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thinking and to

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