



Making Friends with the Menopause: A Clear and Comforting Guide to Support You as Your Body Changes 2016 Edition Reflecting the New Nice Guidelines (Paperback)

By Sarah Rayner, Dr Patrick Fitzgerald

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.A clear and comforting guide to support you as your body changes by bestselling author Sarah Rayner with Dr Patrick Fitzgerald. There is practical advice on hot flushes and night sweats, anxiety and mood swings, muscular aches and loss of libido, early-onset menopause, hysterectomy and more, plus a simple explanation of each stage of the menopause so you ll know what to expect in the years before, during and after. You ll find details of the treatment options available and their pros and cons, together with tips and insights from women keen to share their wisdom on a subject many still find hard to talk about. Whether you re worried about feeling invisible, weight gain or loss of fertility, or simply want to take care of yourself well, knowledge is power, and Making Friends with the Menopause will give you a greater understanding of the process, so you can enjoy your body and your sexuality as you age. * From the author of the international bestselling novel One Moment, One Morning * And the word-of-mouth...



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