
Menopause Self Help Book A Woman S Guide To Feelin

Think Again!
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All You Need to Know About Menopause
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Dr. Susan Lark's the Menopause Self Help Book
The Wisdom of Menopause (4th Edition)
Menopocalypse
Self Help Book to Navigate Through Menopause
Menopause
Men Surviving Menopause
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The Cognitive Behavioral Workbook for Menopause
The Menopause Book
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Your Perfectly Pampered Menopause
You're Not Crazy! It's Menopause
Making Friends with the Menopause
Menopop
Living Well Through The Menopause
The Complete Guide to POI and Early Menopause
60 Second Menopause Management
Menopause

*Menopause
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JUSTICE BEATRICE

Think Again! Rowman & Littlefield
Support for every stage of your journey through early menopause and Premature Ovarian Insufficiency. Finding out in your teenage years or early twenties that you are menopausal can be devastating; receiving the same diagnosis in your late thirties is overwhelming; learning that you are post-menopausal while undergoing fertility treatment in your early forties may leave you blind-sided. This is not the more natural, expected hormonal transition at mid-life that other, older women experience. The Complete Guide to POI and Early Menopause offers a road-map to navigating the emotional and hormonal rollercoaster that accompanies these diagnoses. Drawing on their own experiences and their clinical expertise, the authors bring together the latest research, insights and the voices of women themselves with a whole-body approach that prioritizes empowerment

and health. It covers: - Causes of early menopause and POI - When, and how, to seek a diagnosis - Medical and surgical menopause - Hormonal and non-hormonal treatments - Nutrition, Lifestyle & Self-care - Fertility - Sexual wellbeing, relationships and self-identity - Early menopause, education and work Inclusive, compassionate, and featuring FAQs, guidelines and further resources, this book is the only one you will ever need if you are facing the unique challenges of menopause and POI at a stage of life when you least expected it.

Menopause with Science and Soul Routledge
A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, poor sleep, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, weight control, and healthy sex.

Menopause and Me
Bantam

A transformational plan for women who find themselves struggling

through their menopausal years and who may be experiencing sudden symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, weight gain, and hot flashes. Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge, no matter how hard you try. How great would it feel to wake up feeling rested; have a brain that is calm, joyful, and clear; and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn: What hormone changes cause, symptoms, and proven strategies to fix them The best way to

stop your menopause-related memory loss How you can put an end to your symptoms without the use of medications How to unstick your metabolism and finally lose the extra weight How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

What Fresh Hell Is This? Rodale Books

Discover what goes on in your midlife brain, the science behind it, and what you can do about it with help from "The Menopause Guru" and health coach. When the changes of menopause start happening, it seems that our ability to concentrate, complete tasks, and remember simple, little, everyday things (like our own names) goes out the window. It can feel like you're losing your mind (or at least your glasses)! In *Think Again!*, Jeanne Andrus tackles "brain fog"—a term she uses for the symptoms of menopause that affect the way you think. She covers why

they happen, what they feel like, and how to tell when these might be symptoms of a more serious issue. More importantly, she covers how you can cope with these changes in your daily life, including how you can optimize your approach to brain health to make sure you can "think again" for the rest of your life.

The Good Menopause Guide Vermilion

Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current

research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before. *Menopause* Orion Spring An essential book to help women to live well through the menopause and to cope effectively with menopausal

symptoms, using a cognitive behavioural therapy (CBT) approach. Living Well Through the Menopause is based on a wealth of research, including randomised controlled trials of the MENOS intervention with over 1000 women, that has demonstrated the effectiveness of this approach specifically for menopausal symptoms - hot flushes, night sweats and also their impact on daily life. CBT is proven as an effective alternative for women who do not want or are unable to use hormone therapy (HT). Written in an accessible and interactive style, with case examples and quotes, this guide will empower you and, specifically:

- Help you to understand and cope with your physical and emotional reactions to the menopause
- Clarify your key goals, thoughts and feelings using interactive questions and homework sheets
- Enhance your self-care through behaviour change
- Help partners and loved ones to support you through the menopause

Living Well self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and

physical. Series Editors: Professor Kate Harvey and Emeritus Professor Peter Cooper

Cracking the Menopause
Hachette Go

A kick-ass book on menopause. Do yourself a favor and pick up this gem. Dr. Jen Gunter, bestselling author of *The Vagina Bible* and *The Menopause Manifesto* Menopause and perimenopause are no laughing matter—but that doesn't stop Amanda Thebe from approaching her 50s with a sense of humor. In this hilarious and personal account, the fitness trainer shares how she lost weight, dealt with her depression, improved her sleep, and overhauled her diet to survive-and thrive—during menopause. Now you can, too! Includes a Bonus Strength Training Guide for Women Over 40 At a time when menopause has become an urgent topic of public discussion, with the likes of Michelle Obama revealing their struggles for the first time, personal trainer Amanda Thebe shares her journey with bold and big-hearted writing that will be familiar to readers of Glennon Doyle. Readers will come away from the book with: -A better understanding of your

own hormones and how they factor in menopause and your overall health; Confidence to speak your truth about your menopause symptoms to your doctor, other health professionals, your family, and friends; -Zero bullsh*t tips for nutrition, fitness, vagina health, sex, and more. Amanda Thebe was working as a personal trainer and fitness coach when, at age 43, she started experiencing debilitating exhaustion, dizziness, and depression. The busy mother of two boys was used to traveling the world and climbing mountains. Now, she struggled to climb out of bed. After several failed doctors appointments, Thebe saw her gynaecologist, who finally named the source of her struggles: perimenopause, the period of 5-10 years before menopause, when a woman's fluctuating estrogen levels put her at risk of depression, anxiety, headaches, and more ailments related to female hormone health. Empowered by information, Thebe began her journey back to her former self, overhauling her approach to diet, mental health, and exercise. In

Menopocalypse, she explains how to deal with migraines, hot flashes, weight gain, exhaustion, poor sleep, vaginal dryness, and mood swings-offering tips that have worked for her and others. She shares information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the 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 it-but that doesn't mean women should suffer in silence without support. Let the outspoken and honest Amanda Thebe be your guide to surviving-and thriving-during menopocalypse.

Mature Sexual Intimacy Celestial Arts

The menopause is still a taboo topic and a source of uncertainty and embarrassment for many women. In *Managing Hot Flashes and Night Sweats* Myra Hunter and Melanie Smith aim to provide women with up to date and balanced information about menopause and a

self-help guide to reduce the impact of hot flushes and night sweats in just four weeks. This book sets out an interactive four-week programme using cognitive behavioural therapy, with exercises and worksheets designed to enable women to develop strategies for managing menopausal symptoms. This approach is based on the authors' research and has been shown to be effective in recent clinical research trials. This guide can help you to: Understand the biological as well as the psychological and cultural influences on menopause Understand and manage hot flushes in social situations Learn to modify triggers and use paced breathing to reduce the impact of hot flushes Reduce stress and improve well-being Develop strategies to help if night sweats disturb your sleep With a companion audio exercise and downloadable resources available online, *Managing Hot Flashes and Night Sweats* offers a complete and effective framework to approach menopause with confidence and to manage symptoms without the use of medication. The book is ideal for women

approaching or going through the menopause, for women having menopausal symptoms following treatment for breast cancer, for their friends and relatives, and healthcare professionals working with women.

Managing Hot Flashes and Night Sweats Greystone Books Ltd

Are you going through the menopause? Are you confused by conflicting advice about HRT and unsure which natural alternatives are effective? Wendy Green explains common physical and psychological symptoms and offers a holistic approach to help you deal with them, including simple lifestyle and dietary changes and DIY natural therapies.

The Menopause Diet Plan

The O'Brien Press Ltd Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits "My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life."—Maye Musk, MS, RDN, and author of A

Woman Makes a Plan
Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, *The Menopause Diet Plan* encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. *The Menopause Diet Plan* takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice

with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, *The Menopause Diet Plan* helps women take charge of their well-being and live life to the fullest.
End Your Menopause Misery Thread
When menopause symptoms start shouting at you: your emotions are all over the place, you just don't feel yourself any more and you think you might be going mad. Here is a fresh approach: simple and easy to read, this book aims to help women handle the emotional side of the menopause. There's a chapter for men too, giving ideas and insights to enable them to handle the feelings more easily. Find out how to feel better about yourself and within yourself. Take charge, give yourself time to think about it and look after yourself. You can make

the most of this important and special time of your life - it is definitely not all over. An amazing new You is just waiting to emerge!

The Prime of Your Life

Harmony

Every woman in the world will go through menopause if she lives long enough. Every man in a relationship with a woman will go through it with her, one way or another. This book will help men understand what's going on with their partners, and learn how they can support them to make that mid-life passage easier.

The Complete Guide to the Menopause

Independently Published
Thorough, nicely presented information, with clear color photo illustrations. Covers what happens physiologically, symptoms, medical complaints, medical management, maximizing resources, maintaining sexuality, monitoring health, and preparing for the years beyond menopause. Includes a list of useful addresses but lacks a bibliography. Annotation copyright by Book News, Inc., Portland, OR

The M Word Advantage
Media Group

As I approached my early forties I started to

experience symptoms from my body and mind that I had not experience before, with the emotional rollercoaster and the cold and hot temperatures of my body. So I got tired of these effects and started researching what was going on with these high emotions. After describing these symptoms to a client who's an OB-GYN specializing in Bio-identical Hormone Replacement Therapy (BHRT), I discovered I was going through peri-menopause. It was then that I began my journey with menopause, and after finding several tools, and self help factors I wanted to share this experience with women all over the world. In this way, I began my "marathon for menopause, ." I found myself experiencing a major change in life, a change quite unfamiliar to me. I embarked on new, unexplored territory with weight gain, hot flashes, moodiness, which taken together-made me unpleasant to be around. Then it hit me; I was experiencing what my mother and countless other women before me had experience; the unknown and unwanted guest of menopause. I am sharing mine, and other

women experiences with others in the hope that they too can feel great and look great while going through the "change." Not everyone will be open to the challenge. However, getting better through healing and embracing menopause is worth the effort.

The Menopause Sheldon Press

Dr Annice Mukherjee went through the menopause at just 41 following a breast cancer diagnosis, and she is also a top UK hormone specialist with nearly 30 years of experience. In this book she combines her medical expertise and personal experience to develop an essential menopause toolkit offering balanced, practical and comprehensive advice designed for our modern world. The author has used her unique holistic system to help thousands of women look better, feel younger and enjoy an improved quality of life in the long term.

The Menopause Myth

Workman Publishing Company

From renowned nutritionist and author of the bestselling *Fat Flush Plan* comes a revised and updated guide to taking charge of your perimenopause. Filled

with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. *Learn How You Can head off Depression and Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause.* Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its symptoms. *Before the Change.* .clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz; .details safe and natural alternatives to hormone

therapy, including healing vitamins, minerals, herbs and natural hormones.gives you a powerful Changing Diet, with tips and recipes for foods that prevent and alleviate symptoms

The Wisdom of Menopause Mango Media "Very readable, comprehensive, up-to-date... an excellent guide." - Isaac Schiff, MD, Harvard Medical School

Deeply optimistic, reassuring, and essential, the book the North American Menopause Society called "required reading" is now revised and updated, with over 20 percent new material that incorporates the latest medical findings, cutting-edge research, and best-practices advice. Expertly separating fact from fiction in the latest "breakthrough" medical studies, it shows you what to pay attention to, and what you can ignore. Learn about the role of hormones and the latest advances in hormone therapy. The truth about hot flashes and how to deal with getting one at work. The impact of menopause on sexuality and how to manage an up-and-down libido. There are chapters on heart health (how to protect it), moods (how to ride them

out), and exercise (how to stretch without strain). And finally, why this period of life can be a natural springboard to staying healthy, feeling great, and looking beautiful for the next act of your life. Your Questions, Your Answers: Is it possible that I could get another period after more than a year without one? Losing weight at midlife feels like an uphill battle—what's the healthiest approach? How do I perform a breast self-exam? Is hormone therapy necessary—and if so, which one is right for me? How effective are Kegel exercises, and how do I do them? I'm starting to get adult acne—is this normal?

All You Need to Know About Menopause Morgan James Publishing

No woman experiences menopause in exactly the same way. Some may endure hot flashes, irritability, or mood swings, while others experience insomnia, anxiety, or even depression. And while you have probably heard about the benefits and drawbacks of hormone-replacement therapy (HRT), you should also know that cognitive-behavioral therapy (CBT) has been proven effective

not only in treating the emotional symptoms of menopause, but the physical aspects as well. With this workbook, you will learn exactly what is happening to your body during this transition and create a personalized treatment plan to help you feel better right away. Also included are easy-to-use worksheets and charts so that you can track and manage your symptoms and determine which treatments are working. Whether you are looking for an alternative to HRT, or simply want to supplement your treatment, this workbook is an essential resource for gaining control over your menopause symptoms. This comprehensive program will help you:

- Recognize symptoms and create an individualized treatment plan
- Manage hot flashes, night sweats, and insomnia
- Cope with anxiety, depression, and mood swings
- Discover natural and alternative therapies
- Make diet, lifestyle, and environmental changes

Manage Your Menopause Naturally Harper Collins

Night sweats, mood swings, weight gain - the menopause can be a challenging time, leaving us feeling isolated and as

if we're losing touch with ourselves. But you are not alone - Making Friends with the Menopause is here to help. From bestselling author Sarah Rayner, with Dr Patrick Fitzgerald, comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour, and packed with practical, bite-size tips from women experiencing menopause themselves, as well as essential insights from Dr Patrick, this life-changing little handbook includes: Comprehensive guidance on the range of treatments available including traditional and complementary medicine. Tried and tested tips to alleviate the symptoms of menopause including hot flushes, insomnia, forgetfulness, and rising anxiety. How to deal with the psychological impact of hormonal changes and lift your self-esteem. Suggestions for your sex life and how to talk to your partner about the change you're going through. How to find the joy in this period and focus more on yourself and your own wellbeing. If you're struggling with the symptoms of menopause, simply want to take care of yourself well or if

you're looking for support from a friend who knows exactly how you feel, Making Friends with the Menopause will be your guide. It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms. Read what everyone is saying about Making Friends with the Menopause: 'Would give 10 stars if I could. Love this book.' Amazon reviewer, 5 stars 'The best I have ever read about the menopause. I learnt so much about myself and at what stage I am at.' Amazon reviewer, 5 stars 'Fabulous! A must read for every woman 40+... Sensible, comprehensive, factual, positive, giving lots of great information and advice... I'm left feeling much more positive about my perimenopause.' Amazon reviewer, 5 stars 'Brilliant and makes you feel like you are not alone!... feels like talking to a friend. I felt so much better after reading it, and keep dipping into it when I need a reminder.' Amazon reviewer, 5 stars 'Superb... can't praise it enough. Made me realise I am normal, thank goodness!' Amazon reviewer, 5 stars

'Incredibly helpful and informative... so helpful I can't recommend it enough.' Amazon reviewer, 5 stars 'Comforting words and real-life examples, I felt much better simply having read this.' Amazon reviewer, 5 stars

Before the Change

Istreet Press

Most women live about one-third of their lives after the menopause, when they are no longer able to have babies and the hormones which regulated their reproductive cycle are produced in smaller amounts. This book explains the purpose of a menopause for the body and the reactions and changes that occur. Symptoms of the menopause, including hot flushes, are described, and there is a full explanation of hormone replacement therapy. Useful self-help advice is also given and the most commonly asked questions are answered, John Studd is a consultant and obstetrician gynecologists at king's College Hospital, London, Dr. Margaret Thom is Senior Registrar at Chelsea Hospital for Women. Both have published extensively on The Menopause.