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## The Menopause: An Essential Guide

By Nicci Talbot

Need2Know. Paperback. Book Condition: new. BRAND NEW, The Menopause: An Essential Guide, Nicci Talbot, The menopause is a natural event in every womans life, yet it is often a source of anxiety and stress because we dont know what to expect. Thats where this book can help. It presents key information about the menopause so you can choose the best course of action. Chapters explore the stages of the menopause and the symptoms you can expect, explaining their causes and offering simple solutions to help you cope. Youll also find information on complementary therapies, healthy eating, sexual well-being, self-esteem and the pros and cons of HRT. Whatever stage of the menopause youre at, this guide will arm you with practical, no-nonsense advice, helping you to go through the process positively and healthily. This is a new stage in your life, a period of transition and an opportunity to assess where you are now and what you want to achieve for your future - so embrace it!.



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