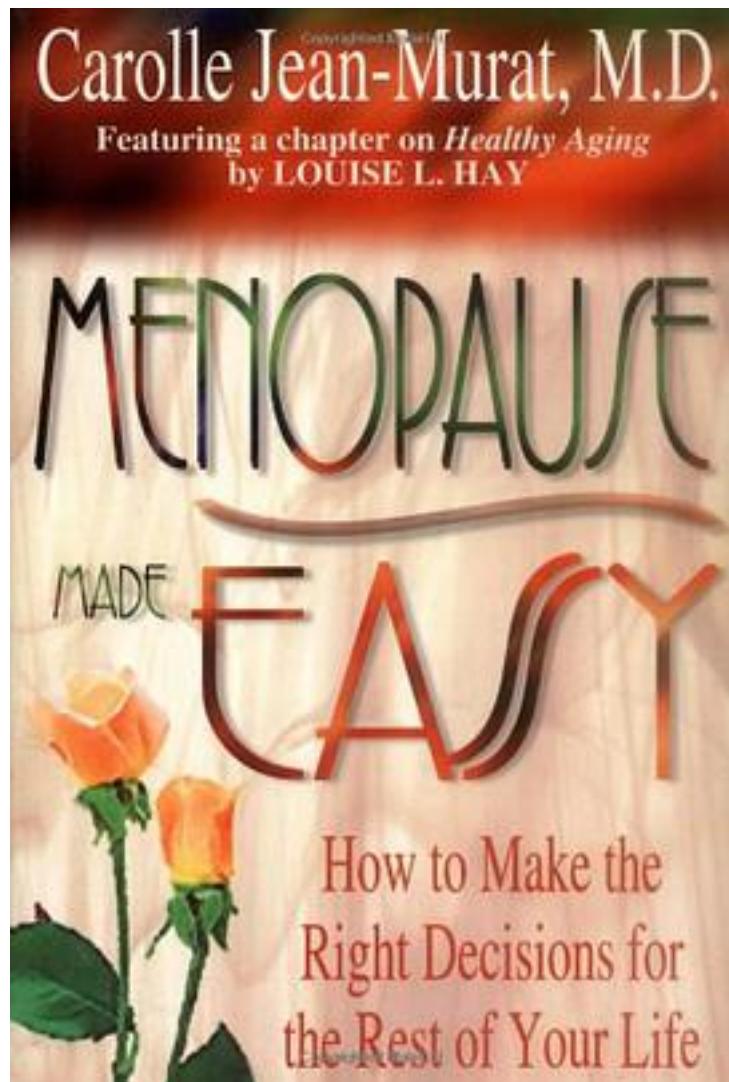


Menopause Made Easy



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著者:Jean-Murat, Carolle

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Smart women must educate themselves about menopause and the risks and rewards of taking hormone replacement therapy (HRT), nutritional supplements, and homeopathic therapies. This book addresses the current needs and concerns of midlife women, empowering them to make the right decisions. Bestselling author Louise L. Hay supplements this information with a special chapter she's written on "Healthy Aging".

作者介绍:

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