

The Hot Flash Survival Kit



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著者:Carey, M.K.

出版者:Chronicle Books Llc

出版时间:2006-3

装帧:HRD

isbn:9780811852722

This clever kit includes 30 cards with simple suggestions designed to help beat the heat and relieve those pesky symptoms women experience during the onset of menopause. Chill out with cards featuring breezy tips on using the enclosed thermostat-neutralizing fan, eating the right foods, maximizing the benefits of exercise, and straightforward advice for maintaining your emotional balance. This kit offers a fresh and light-hearted take on an often weighty subject. Very cool!

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目录:

[The Hot Flash Survival Kit_下载链接1_](#)

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