

Teach Yourself Menopause



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Thrive during menopause "Teach Yourself Your Menopause" will give you a clear and steady path through the maze of conflicting information and instead offer a comprehensive guide to the years immediately before, during, and after the menopause. You learn how to treat menopause not as a disease but as another stage in your life. It will explain what exactly is happening in your body and help you understand the signs and symptoms of these changes as well as their physical, mental, and emotional impact. It will offer you support as you face the end of your fertile years, realistic advice for contraceptive choices, and insight into your sexuality at this stage.

作者介绍:

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