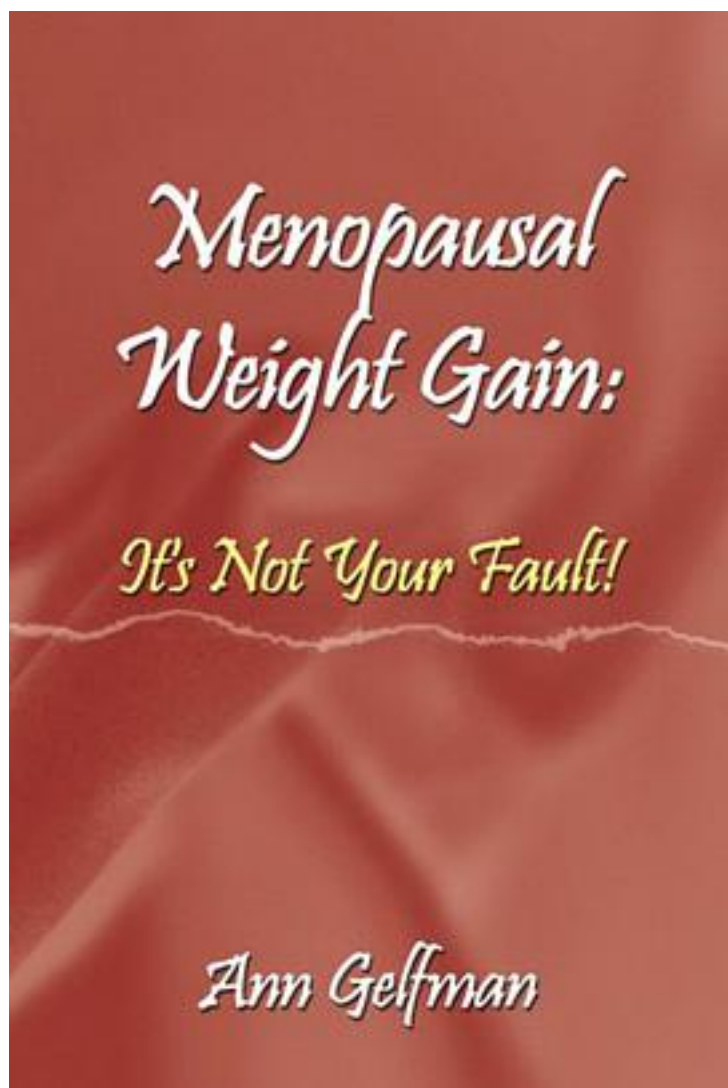


Menopausal Weight Gain



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Have you gained weight while in menopause and believe that it is not your fault? Well it isn't Read about the author's journey through unexplained weight gain, her frustrations in her search for doctors and other professionals for a solution to her ongoing problem. Laugh with her and cry with her as you read about things you have tried, wish you tried or wish you DID not try. This book reads like a novel, and you will find yourself feeling like you are her friend and walking down that often disappointing road with her. Besides going to doctors, she searched out unconventional sources to try to find answers. You will find this book very funny at times and other times very sad, but most of all you will follow her through her frustrations, which doubtless will mirror many of yours. Thankfully she does find a solution, though in the end it really turns out to be her own. She ends with letters of motivation to again make you laugh and cry but she wants you to realize that YOU ARE NOT ALONE. Menopausal Weight Gain: It's Not your Fault is a must read for anyone going through this trying time with little support

作者介绍:

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