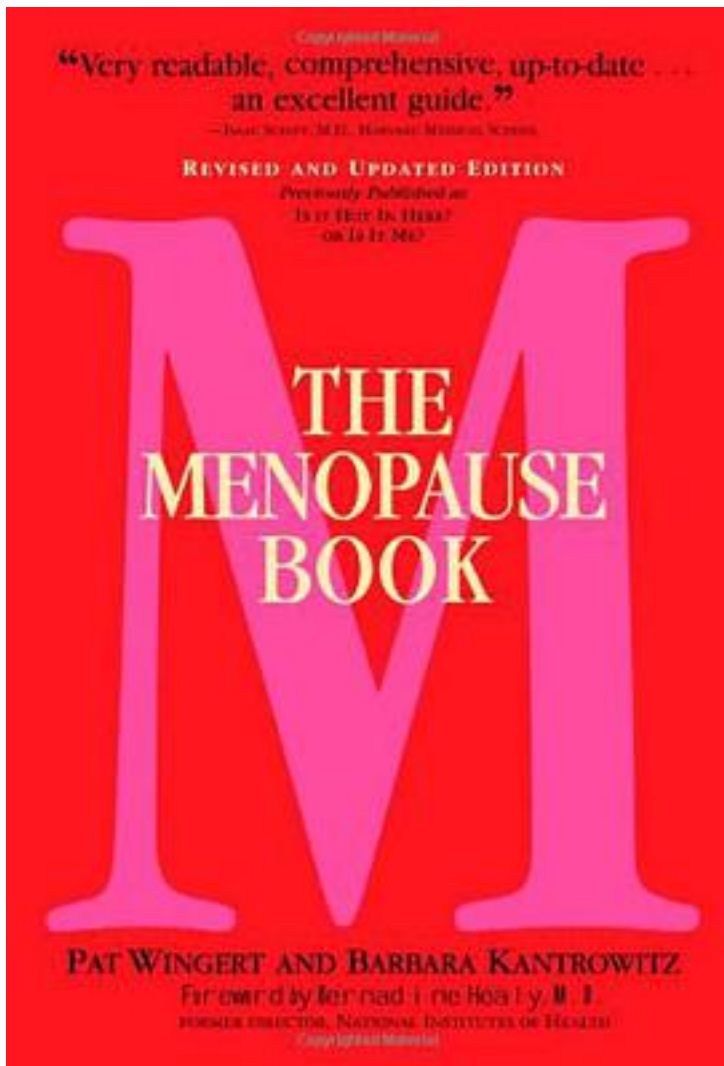


# The Menopause Book



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Originally published in 2007 as "Is It Hot in Here? Or Is It Me?", with 110,000 copies in print, "The Menopause Book" is the all-in-one bible for women approaching or experiencing menopause. Completely revised and updated with a compelling, authoritative new look, the latest medical findings and advice, and a straightforward new title, "The Menopause Book" incorporates the most cutting-edge research on hormones and hormone therapy; hot flashes; heart disease and stroke; breast cancer in older women; and, the subtle symptoms of ovarian cancer. It also discusses new findings on why it's hard for menopausal women to lose weight; osteoporosis and oestrogen; the interplay between migraines and hormones; panic attacks; and, more. Of all the books on the market, this is the soundest-based on science, the material is vetted by top authorities in the field, the facts are up to date, the writing engaging, the tone upbeat. It's the essential guide for every woman who wants to take charge of her health.

作者介绍:

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