



Menopause Breakthroughs

By Grace Johnston

Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, Menopause Breakthroughs, Grace Johnston, Menopause can be a challenging time not just for women but for their partners and families. For women it's the end of their potential to be mothers and, while for some that's a relief, for others it can be a time of considerable sadness. Self-image changes and the view in the mirror may come to differ markedly from how women still feel inside. But menopause is a natural part of ageing and one of life's major times of transition for women. Many simply pass through it with few symptoms but for those who don't there are many options. Menopause Breakthroughs looks at both traditional Western medicine and alternative therapies, providing a wide-ranging overview of available treatments to ease the symptoms of menopause and ensure a smoother transition.



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