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Chicken Soup for the Soul in Menopause: Living and Laughing Through Hot Flashes and Hormones

By Jack Canfield, Mark Victor Hansen

HEALTH COMMUNICATIONS, United States, 2007. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. A laugh-out-loud, pick-me-up collection of stories for the millions of women who are battling hot flashes, mood swings and mental lapses. As baby boomers hit their late forties and fifties, a record number of women are going through menopause. Whether they re in active menopause or just beginning to experience their first gray hairs and the hot nights of perimenopause, they ll find support, comfort and advice in this collection of stories from women who ve been there and have survived. With chapters such as What s Age Got to Do with It?; This Is Not Your Mother s Menopause; Mental-Pause; Hormones, Schormones; and Who Turned Up the Heat?, women will gain renewed perspective on reaching the milestone of middle age, feel empowered by their changing identity and realize the innumerable ways in which menopause can impact them in a positive manner. Chicken Soup for the Soul in Menopause will show millions of women that there is light at the end of the tunnel.



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Reviews

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