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Menopause: What You Can Do to Empower Your Life from Someone Who's Been There and Done it

By Helene Leonetti

Bridger House Publications Inc. Paperback. Book Condition: new. BRAND NEW, Menopause: What You Can Do to Empower Your Life from Someone Who's Been There and Done it, Helene Leonetti, As a registered nurse, Dr Helene Leonetti recalls having to stand and offer her chair to the doctor when he entered the room. Her journey from that day to this has been a long one and not without almost overwhelming trials. During her transition from nurse to physician to holistic and herbal healer, Dr Leonetti was brought to her knees by a life-threatening depression, which occurred synchronistically during menopause. Struggling out of the darkness, Dr Leonetti turned her time of menopause into a hallowed, precious phase of spiritual growth. She now offers others the lighted pathway to their own healing and self-empowerment. Dr Leonetti has a way of loving unconditionally and leading her patients toward practical control of their own body-mind-spirit health. Funny, touching and practical, this book is a must read for women of all ages and for the men and women who love them.


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