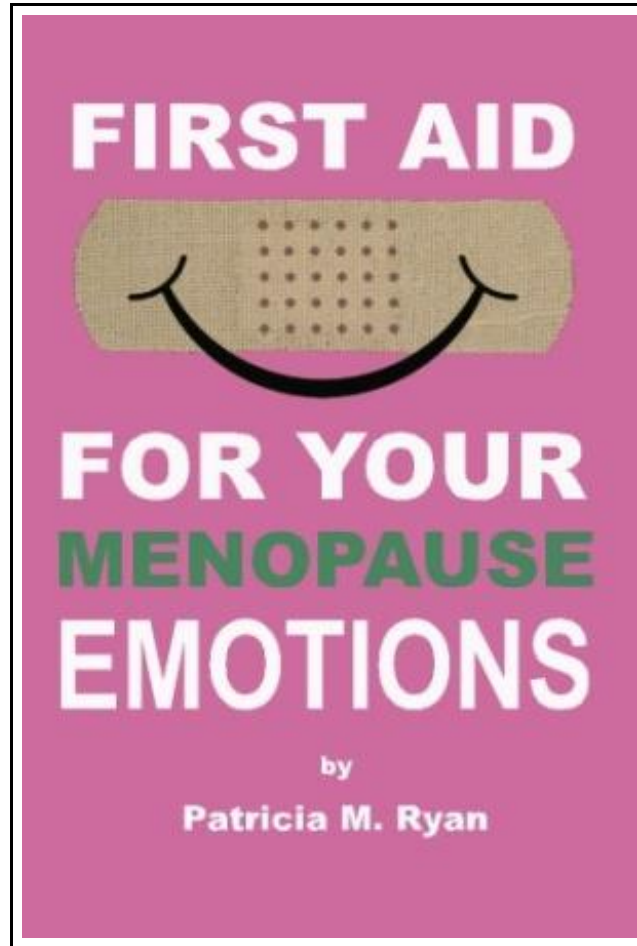


## First Aid for Your Menopause Emotions



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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.FIRST AID FOR YOUR MENOPAUSE EMOTIONS is a supportive guide for getting through menopause without feeling like you re losing your mind. If you re new to menopause symptoms, there s a run-down of the unpleasant feelings that might make their presence felt. If you re fed up with menopause in all its forms you ll find lots of empathy and simple, direct steps you can take to banish the bummers and go back to making the most of these important years. Somewhere between your fortieth and fiftieth birthdays, you wake up one morning and break a nail, and everything falls apart, nobody loves you, the world is one giant catastrophe just moments away from auto-ignition, and your whole life has lost its meaning. So, what happened? Did the magnetic poles shift, or the Earth come out of its orbit? No, all that happened is, your hormone levels shifted. You may be going through your day feeling perfectly normal when suddenly someone says just the wrong thing and your eyes glaze over, you double in height, turn green, and bite them in two. And then-you feel fine again. Back to normal. Or you find yourself falling asleep at 8PM, or waking up at 3AM, unable to get back to sleep. Or you go into a funk that lasts for days, dragging you down into an emotional sink before it goes away as quickly and mysteriously as it came.Would you like to have some insight into the feelings you are having ? Would you like to have ways to deal with your emotions when they seem to take over your interactions with others? Would you like to understand those...



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