



## First Aid for Your Menopause Emotions

By Patricia M Ryan

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,...



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