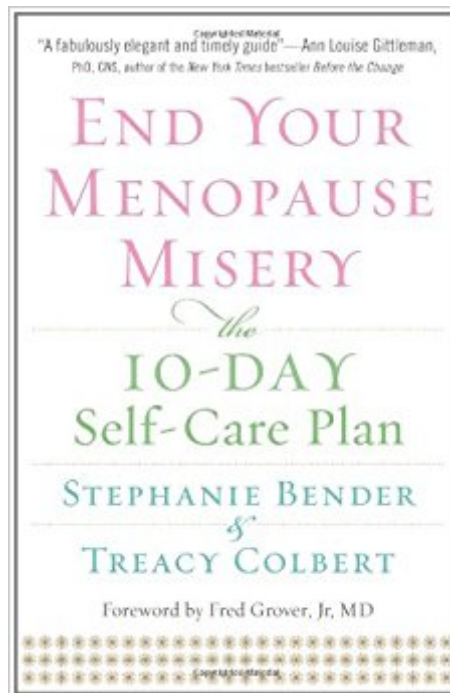




The book was found

End Your Menopause Misery: The 10-Day Self-Care Plan



Synopsis

Millions of women struggle with the symptoms of menopause. *End Your Menopause Misery* offers a complete 10-day self-care plan for relief from the debilitating symptoms of menopause and perimenopause. Choose what works for you. Incorporate into your daily life. Feel great right away. A psychologist and a nurse, Stephanie Bender, and medical journalist Treacy Colbert sort through all the latest medical literature and science on menopause to offer women simple, straightforward advice about their health. With this plan readers will discover how to renew their energy, lift their mood, and feel better in just 10 days. *End Your Menopause Misery* shows how to:

- Increase your energy with exercise
- Improve your mood
- Increase heart and bone strength
- Reduce and eliminate hot flashes
- Make informed decisions about HRT and other therapies
- Sleep better
- Rekindle your sex drive
- Identify the foods that relieve symptoms
- Boost Your Memory

End Your Menopause Misery is a quick and practical approach that gives women relief from menopause symptoms in just 10 days.

Book Information

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Customer Reviews

"A fabulously elegant and timely guide to transforming menopause into a woman's 'second spring.'"
--Ann Louise Gittleman, Ph.D., C.N.S., author of the New York Times bestseller *Before the Change*

Stephanie Bender is the founder of Full Circle Women's Health, a women's health clinic in Boulder, CO. She has conducted pioneering research into women's hormonal health, and is a nationally recognized speaker on women's health issues. She is the author of *The Power of Perimenopause*. Ms. Bender lives in Boulder, CO. Treacy Colbert is a medical writer who has written for *Health*,

Clinical Advisor, Comprehensive Therapy, Women's Health Access, International Journal of Integrative Medicine, and Nutrition in Complementary Care. Ms. Colbert lives in Long Beach, CA, with her husband and son.

This book is inspiring. I went through menopause WITH my mother (her menopause). I literally thought she was losing it. Now that I'm going through menopause, the chapter on memory makes me realize that I'm not going crazy and neither was my mother! The writer is witty and the information is useful. I think every woman can find something useful in this book and I will save it for my girls. I understand my mom more and more every day. Thank you so much for the useful information and giving me the power to know it's okay to take time for myself and also know that I'm okay!

OK.... Not much new or noteworthy.

This book provided no new information other than that which can be found in magazine and newspaper articles and tv spots. If you are at all informed this book is a waste of money. I found myself skipping whole sections because they were so basic and the information is already widely known.

This book is breezy and positive, as well as clearly and concisely written. Specifics are given about products and there is a appendix with resources, etc. Great gift for any of your friends who are in the same boat ~ why not get answers from those who have researched and shared?

This is a well written book for people who are "coping" with many of the difficulties that arise with Menopause. This is a must read for all woman! One of the best Menopause books out there.

At last! A handy, accessible, "cut-to-the-chase" little guidebook to help women navigate through the challenges of menopause. This is a book that sifts through the overwhelming glut of fact and mythology, makes sense of it in a practical way, and provides a useful, encouraging, and manageable approach. I especially enjoyed the "voice" -- never tedious, condescending, or confusing, but rather like a reassuring friend on the page, prompting the reader to self-assess, get organized, and move forward feeling better. It takes the subject matter seriously but also manages some humor in its candor. (Yes, I do sometimes feel my behind's best days are behind me.

Welcome to the club.) Obviously there are many books about menopause, but if you're looking for sound and basic information, applicable insights, and a sensible plan, this is it. I found it helpful and rather refreshing.

I loved this book! It was an easy read and had great ideas about how to deal with this difficult stage in a woman's life. Being an RN, it was very helpful to learn some tips and tactics to deal with the vast array of menopause symptoms. Thank you for this very compact "handbook" that I will refer to often!

Stephanie Bender has graced all of us, both women and men, with her exceptional knowledge and experience with regards to yet another chapter in our lives. Having worked with women in health care for over 30 years and having gone through menopause myself this book offers incredible insight. I am on my second read and am still finding more helpful and insightful information. A book to share with all that we care for.

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