

Making Friends With The Menopause A Clear And Comforting Guide To Support You As Your Body Changes Updated Edition Reflecting The New Nice Guidelines

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

The Brighton to London line. The 7:44 am train. Cars packed with commuters. One woman occupies her time observing the people around her. Opposite, a girl puts on her make-up. Across the aisle, a husband strokes his wife's hand. Further along, another woman flicks through a glossy magazine. Then, abruptly, everything changes, a man collapses, the train is stopped, and an ambulance is called. For at least three passengers on the 7:44 on that particular morning, life will never be the same again. There's Lou, in an adjacent seat, who witnesses events first hand. Anna, who's sitting further up the train, impatient to get to work. And Karen, the man's wife. Telling the story of the week following that fateful train journey, One Moment, One Morning is a stunning novel about love and loss, about family and – above all–friendship. A stark reminder that, sometimes, one moment is all it takes to shatter everything. Yet it also reminds us that somehow, despite it all, life can and does go on.

From GP and hospice doctor Patrick Fitzgerald and bestselling author Sarah Rayner (Making Friends with Anxiety, One Moment, One Morning) comes a warm and wise companion to support you and those caring for you in the last months, weeks and days of life. Helps with the shock of diagnosis and explains treatment options and methods of symptom control.

A women's health expert shares an empowering and informative guide to menopause as a gateway to a rich and vital elderhood. It's time to change the way we think about menopause. Both medicine and popular culture fixate on menopause as a decline of women's bodies and minds—without recognizing the powerful gifts that come to us in our older years. "Nature did not create us to unravel and diminish in the prime of our lives," says Susan Wilson. With Making Sense of Menopause, this renowned women's health practitioner offers a powerful guide to experiencing perimenopause and menopause as a natural gateway into the next vital, exciting, and meaningful phase of our lives. In this inspiring and highly practical guide, Wilson dismantles the cultural falsehoods we've been taught about menopause and illuminates: • Menopause as metamorphosis—how the changes in our bodies literally transform us into new women with essential roles to play in our culture • How the biological arc of a woman's life unfolds toward menopause—and how our earliest experiences inform the menopause we will have • Practical guidance for self-care—including sleep, nutrition, stress management, exercise, and social connections • Sexuality and relationships—deepening our emotional bonds and expanding our capacity to give and receive pleasure • Becoming the Wise Woman—stepping into the essential role of an elder in our youth-obsessed world Susan Wilson has found that when women are presented with a positive, empowering perspective on menopause, something extraordinary occurs: "We find that we want to do the developmental work of midlife. We want to harness the power we feel rising up as we are finally able to stand for ourselves. We want to give our gifts." With Making Sense of Menopause, this compelling author offers a much-needed guide for women making the physical, emotional, and spiritual transition to their wisdom years.

Making Friends with Anxiety
The Breakthrough Book on Natural Progesterone
Making Sense of Menopause

A Clear and Comforting Guide to Support You as Your Body Changes

Dr. Susan Love's Menopause and Hormone Book

The Paigraive Handbook of Critical Menstruation Studies

Making Peace with the End of Life

In this lighthearted, nontraditional superhero novel, four menopausal women in the same town start to exhibit strange abilities: incredible strength, the ability to wield fire, to fly (sort of), and armor-plated skin. Each woman struggles to deal with her changes in her own way, until life throws them together. When the women start to talk, they find out that they have more in common than they knew—one person has touched all their lives. The hunt for answers is on.

Men, jobs, children, personal crises, irreconcilable social gaps—these are just a few of the strange and confusing reasons which may cause a female friendship to end. No matter the cause, the breakup of a female friendship leaves a woman devastated and asking herself difficult questions. Was someone to blame? Is the friendship worth fighting for? How can I prevent this from ever happening again? Even more upsetting is that women suffering from broken friendships often have no one to confide in; while the loss of a romantic partner garners sympathy among peers, discussing the loss of a platonic friend is often impossible without making other friends jealous or uncomfortable. Written by journalist and psychologist Irene Levine, Ph.D., Best Friends Forever is an uplifting and heroically honest book for abandoned friends seeking solace. Dr. Levine draws from the personal testimonials of thousands of women to provide anecdotes and groundbreaking solutions to these complicated situations. Offering tools for personal assessment, case stories, and actionable advice for saving, ending, or re-evaluating a relationship, Levine shows that breakups are sometimes inevitable. Although the dissolution of female friendships can be difficult, Best Friends Forever teaches women to stop blaming themselves and probing the wounds, and that the sad experience of a broken friendship can make them stronger people, and more able to handle their relationships with wisdom.

A warm and supportive little book to help ease worry and panic by bestselling author Sarah Rayner.Drawing on her own experience of anxiety disorder and recovery, Sarah Rayner shares her insights into this extremely common and often distressing condition with compassion and humour. She reveals the seven elements that commonly contribute to anxiety including adrenaline, negative thinking and fear of the future, and explains what causes worry and panic to become such a problem for many of us. Packed with tips, exercises and anecdotes from the author's life, this companion to mental good health reads like a chat with a friend. It shows that an understanding of the way our minds and bodies work together can provide anxiety relief and restore our sense of confidence and control. If you suffer from panic attacks, a debilitating disorder or just want to reduce the amount of time you spend worrying, Making Friends with Anxiety will allow you to manage your own condition and see anxiety as a friend, not a foe. * From the author of the international bestseller, One Moment, One Morning and the recently published Another Night, Another Day* Draws on the techniques of Mindfulness-based Cognitive Therapy * Includes beautiful photographs by the author * To Useful links throughout, plus details of helpline and recommended reads * Ongoing online support group available *This is a great book: readable, practical and, most importantly, compassionate. Sarah Rayner gives a clear explanation of the common symptoms of anxiety and panic that affect so many lives. She then goes on to give sound advice as to how to cope with these ongoing feelings. This entails a series of strategies that encourage understanding of the anxiety rather than its suppression, aiming to give control of these complex emotions back to the patient. It's impressive that she admits to her own anxiety issues, and without embarrassment shows how they have affected her life, how she has sought help over the years, and how she continues to deal with them. The fact she has written this book shows how well she has embraced her demons, able to get on with her own creative life. I will be recommending this book to my patients.' Dr P Fitzgerald, GP 'Sarah's advice is very sage: if one is prone to anxiety, as many of us are, it is futile to expect to be totally rid of it forever. It will come back, but it is possible to tame it. She encourages the reader to be kinder to themselves, live in the moment, and accept their anxiety as an occasionally troublesome, yet integral part of their own being. Deeply personal yet eminently practical, this accessible and engaging e-book should prove extremely helpful to anyone trying to cope with anxiety.' Dr Ian Williams, GP and authorPRAISE FOR SARAH RAYNER: 'Sarah Rayner explores an emotive subject with great sensitivity.' Sunday Express 'Carefully crafted and empathetic.' The Sunday Times 'A sympathetic insight into the causes and effects of mental ill-health as it affects ordinary people. Powerful.' My Weekly 'You'll want to inhale it in one breath.' Easy Living 'Brilliant... Warm and approachable.' Essentials 'A difficult subject written about with optimism and a light touch.' Coastway Radio

Confront Menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

No, It's Not Hot in Here

Musings on Perimenopause and Menopause

One Moment, One Morning

The Cognitive Behavioral Workbook for Menopause

A Clear and Comforting Guide to Support You as Your Body Changes, 2017 Edition

A Novel

A Warm, Supportive Little Book to Help Ease Worry and Panic

For women facing decisions about treatment for the symptoms of menopause, the second edition of this landmark work features a new chapter that addresses the latest findings about hormone replacement therapy. Dr. Michele Moore helps patients make informed treatment choices and offers a balanced account of options that range from traditional medical practice to holistic and alternative approaches. Drawing on her own experience as well the experiences of friends, colleagues, and patients. Dr. Moore provides information about the symptoms of perimenopause, menopause, and postmenopause. Her analysis of treatment options includes lifestyle changes and herbal and homeopathic remedies in addition to allopathic medicine. Above all, she encourages patients to participate actively in their own health care, accept responsibility for their choices, and cope with the consequences of those choices while remaining proactive. She also emphasizes the need for each woman to monitor her health condition closely and to reassess her situation as her health needs change through the years.

Sympathetic and authoritative, this helpful book prepares women to deal with the inevitable changes in body, mind, an

No woman experiences menopause in exactly the same way. Some may endure hot flashes, irritability, or mood swings, while others experience insomnia, anxiety, or even depression. And while you have probably heard about the benefits and drawbacks of hormone-replacement therapy (HRT), you should also know that cognitive-behavioral therapy (CBT) has been proven effective not only in treating the emotional symptoms of menopause, but the physical aspects as well. With this workbook, you will learn exactly what is happening to your body during this transition and create a personalized treatment plan to help you feel better right away. Also included are easy-to-use worksheets and charts so that you can track and manage your symptoms and determine which treatments are working. Whether you are looking for an alternative to HRT, or simply want to supplement your treatment, this workbook is an essential resource for gaining control over your menopause symptoms. This comprehensive program will help you:
• Recognize symptoms and create an individualized treatment plan
• Manage hot flashes, night sweats, and insomnia
• Cope with anxiety, depression, and mood swings
• Discover natural and alternative therapies
• Make diet, lifestyle, and environmental changes

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits "My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and more confident during this change in your life."—Maye Musk, MS, RDN, and author of A Woman Makes a Plan Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that can often start in your 40s. With honesty and optimism, The Menopause Diet Plan encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

A woman muses about buying loving new panties; another sets out on the trip of a lifetime; a blogger offers information, support, and community to perimenopausal women; researchers uncover myths and misconceptions about migrant and refugee women's experiences of menopause; a gerontology scholar extrapolates for menopause the meanings of cultural representations of childbirth; a sociologist and intersex advocate challenges her medically constructed menopause; young women's stories inform an inquiry into the health and social repercussions of primary ovarian insufficiency—all in a collection of research papers and personal narratives that moves far beyond the idea of menopause as a mere biological marker.

While biomedical and feminist researchers agree that menopause is a time of transition and border crossing, they offer diverse viewpoints about whether perimenopause and menopause signal deficiency and burden, or growth and freedom, or both. So too, contributors to this collection—influenced by factors of age, cultural background, societal context, and physical and psychological experience—vary significantly in their perspectives of this process. Research, analysis, narrative, poetry, and art intermingle to create a multi-textured montage that challenges stereotypes, probes relationships, and defies categorization. Musings on Perimenopause and Menopause: Identity, Experience, Transition provides insight into how women think about and experience the transition to menopause in contemporary times.

A Clear and Comforting Guide to Reproductive Health

Making Informed Choices about Menopause

The Mirror

Going Through the Change

A Clear and Comforting Guide to Help You Live Well to the Last

Harnessing the Power and Potency of Your Wisdom Years

Making Friends with Depression

Night sweats, mood swings, weight gain - the menopause can be a challenging time, leaving us feeling isolated and as if we're losing touch with ourselves. But you are not alone - Making Friends with the Menopause is here to help. From bestselling author Sarah Rayner, with Dr Patrick Fitzgerald, comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour, and packed with practical, bite-size tips from women experiencing menopause themselves, as well as essential insights from Dr Patrick, this life-changing little handbook includes: Comprehensive guidance on the range of treatments available including traditional and complementary medicine. Tried and tested tips to alleviate the symptoms of menopause including hot flushes, insomnia, forgetfulness, and rising anxiety. How to deal with the psychological impact of hormonal changes and lift your self-esteem. Suggestions for your sex life and how to talk to your partner about the change you're going through. How to find the joy in this period and focus more on yourself and your own wellbeing. If you're struggling with the symptoms of menopause, simply want to take care of yourself well or if you're looking for support from a friend who knows exactly how you feel, Making Friends with the Menopause will be your guide. It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms. Read what everyone is saying about Making Friends with the Menopause: 'Would give 10 stars if I could. Love this book.' Amazon reviewer, 5 stars 'The best I have ever read about the menopause. I learnt so much about myself and at what stage I am at.' Amazon reviewer, 5 stars 'Fabulous! A must read for every woman 40+...' Sensible, comprehensive, factual, positive, giving lots of great information and advice... I'm left feeling much more positive about my perimenopause.' Amazon reviewer, 5 stars 'Brilliant and makes you feel like you are not alone!... feels like talking to a friend. I felt so much better after reading it, and keep dipping into it when I need a reminder.' Amazon reviewer, 5 stars

'Superb... can't praise it enough. Made me realise I am normal, thank goodness!' Amazon reviewer, 5 stars 'Incredibly helpful and informative... so helpful I can't recommend it enough.' Amazon reviewer, 5 stars

'Informative, engaging, and hilarious!—Sarah Brokaw, author of Fortitude "As a proud member of the 'Shmirshky Sisterhood,' I can honestly say that E's book, Shmirshky, is informative, engaging, and hilarious! Shmirshky allows women who are about to embrace 'PM&M' to do so with power, wisdom, and most importantly, a sense of humor."—Sarah Brokaw, author of The Night Before "This witty, fast-paced, and hilarious book is a must-read for anyone who is about to experience the changes of menopause. It's a great book that is both informative and entertaining. The author, E, is a woman who is not afraid to speak her mind and to share her own experiences. She is a woman who is not afraid to be vulnerable and to share her own struggles. This book is a must-read for anyone who is about to experience the changes of menopause. It's a great book that is both informative and entertaining. The author, E, is a woman who is not afraid to speak her mind and to share her own experiences. 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