

File Type PDF Menopausal
Years The Wise Woman Way

Alternative Approaches For

Menopausal Years

The Wise Woman

Way Alternative

Approaches For

Women 30 90 Wise

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Years The Wise Woman Way
Woman Ways

**“A sassy, accurate, and
enormously helpful romp
through the midlife transition
known as menopause . . . I
highly recommend it to all**

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Alternative Approaches For
Women 30 90 Wise Woman
Ways

**women who want to embrace
all the possibilities offered by
this change, including vibrant
health, a sense of humor, a
renewed sense of purpose, and
the best sex of your
life.”—Christiane Northrup,**

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Years The Wise Woman Way

**MD, #1 New York Times
bestselling author of The
Wisdom of Menopause Brit-
pop icon and outspoken
menopause ambassador Meg
Mathews refused to move
quietly into this stage of**

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Alternative Approaches For
Women 30 50 Wise Woman
Ways

**midlife. Rejecting the idea that
we should live in fear, suffer
silently, or medicate ourselves
unnecessarily through this
natural hormonal shift,
Mathews set out to get
answers and advice from the**

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Women 30 90 Wise Woman
Ways
**medical establishment,
alternative therapists, and her
many friends in the midst of
“the change.” When she
launched the Megs Menopause
website, it quickly became the
trending online destination for**

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Alternative Approaches For
pre- and menopausal women
Women 30 90 Wise Woman
Hot is her no-holds-barred
guide to menopause, designed
to empower and entertain in
equal measure, including: •
The latest information about

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Women 30 90 Wise Woman
Ways

**hormone therapy and
bioidentical hormone therapy •
Her best tips and techniques
for coping with menopausal
symptoms (There are officially
thirty-four possible symptoms;
Mathews has personally dealt**

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Alternative Approaches For
with thirty-two!) • Dishy,
Women 30-90 Wise Woman
girlfriend-to-girlfriend advice
Ways
about what to really expect
when you're aging Honest,
stylish, and informative, The
New Hot will help you take on
menopause—and keep you

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Women 30 90 Wise Woman
Ways
**sense of self, style, and humor
intact.**

**Called "my menopause bible"
by half a million women, the
best book on menopause is
now better. Originally
published in 1992 and still a**

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Years The Wise Woman Way

**top best-seller. Completely
revised with 100 new pages.**

**Susan S. Weed (author of the
best-sellers Breast Cancer.**

Breast Health! the Wise

Woman Way, Wise Woman

Herbal for the childbearing

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Alternative Approaches For
Year, and Healing Wise) has
Women 30-90 Wise Woman
Ways
**completely rewritten this
classic after listening to over
20,000 women talk about
menopause and what works for
them. All the remedies women
know and trust plus hundreds**

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Ways

**of new ones. New Sections on
thyroid health fibromyalgia,
hairy problems, male
menopause, and herbs for
women taking hormones.
Recommended by Susan Love
MD and Christiane Northrup**

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**MD. Introduction by Juliette de
Bairaclı Levy. Beautifully
illustrated, superbly indexed,
wrapped in the healing cloak
of the Ancient Ones, this is a
book for owen of all ages who
want strong bones, healthy**

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**Alternative Approaches For
Women 30 90 Wise Woman
Ways**
hearts, and a long, joyous life
without hormones.

**A new map through the maze
of menopause for women 40
and better. A dramatic pro-age
vision, groundbreaking
research, and expert guidance**

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Alternative Approaches For
Women 30 90 Wise Woman
Way
**reframe menopause and
empower women with tools to
get their life back. Resources,
practices, bibliography.**

**A surprising look at the role of
menopause in human
history—and why we should**

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Ways

**change the ways we think
about it Are the ways we look
at menopause all wrong?**

**Susan Mattern says yes and, in
The Slow Moon Climbs, reveals
just how wrong we have been.**

From the rainforests of

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**Alternative Approaches For
Women 30-90 Wise Woman
Ways**
**Paraguay to the streets of
Tokyo, Mattern draws on
historical, scientific, and
cultural research to show how
perceptions of menopause
developed from prehistory to
today. For most of human**

**Alternative Approaches For
Women 30 90 Wise Woman
Ways**
**history, people had no word for
menopause and did not view it
as a medical condition. Rather,
in traditional foraging and
agrarian societies, it was a
transition to another
important life stage.**

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Women 30 50 Wise Woman
Ways

**Introducing new ways of
understanding life beyond
fertility, Mattern examines the
fascinating “Grandmother
Hypothesis,” looks at
agricultural communities
where households relied on**

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Alternative Approaches For
postreproductive women for
the family's survival, and
Women 30-90 Wise Woman
explores the emergence of
Ways
menopause as a medical
condition in the Western
world. The Slow Moon Climbs
casts menopause in the

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Women 30-90 Wise Woman
Ways
**positive light it deserves—as an
essential juncture and a key
factor in human flourishing.
Breast Cancer? Breast Health!**

**Dr. Susan Love's Menopause
and Hormone Book**

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**Making Informed Choices
Women, Ageing and the
Menopause**

**Menopause and Hormone
Replacement**

**Myths and Stories of the Wild
Woman Archetype**

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Women 30-90 Wise Woman
Ways

Covering men's and women's
topics, this is a "full
range of integrative,
alternative, and orthodox
options, including herbal,
homeopathic, and energy
medicines."

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Ways

This fine title from Last
Gasp is the
essential, herbal reference
book, a complete
compendium of, practical
and exotic herbal lore
that is, guaranteed to turn

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Alternative Approaches For
you on to the fact that
Women 30 90 Wise Woman
Ways
plants, and animals have
been used for thousands of
years, in various ways to
make people healthier, and
to, help them to live
longer and more effective

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lives.

The green witch's "down to
earth, and inspiring"
guide to the art of
magical healing through
herbal remedies, spells
and enchantments, health-

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Alternative Approaches For
Women 30 90 Wise Woman
Ways
enchancing foods, and much
more (Rosemary Gladstar)

Filled with stories,
songs, rituals, recipes,
meditations, and trance
journeys that outline more
than 100 ways to practice

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Ways
the art of magical
healing, this guidebook to
conscious living by
renowned herbalist Robin
Rose Bennett makes it easy
to follow the path to
physical and spiritual

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Ways
health. In the tradition
of natural witchcraft,
Healing Magic, 10th
Anniversary Edition
presents step-by-step
instructions for
conducting earth-centered

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rituals, preparing herbal
remedies, and casting
spells to enchant and heal
as well as advice on
cooking everyday meals
incorporating health-
enhancing herbs and home

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Women 30 90 Wise Woman
Ways

remedies. • Find out how
to reconnect with the
earth and draw on its
energy • Interact with the
power of the seven chakras
of the body • Build an
altar • Make use of moon

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Ways

magic and women's wisdom •
Prepare herbal infusions
and baths • Work with the
medicine wheel • Cast
spells for love and wealth
No matter what your
beliefs, this guidebook

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Women 30 90 Wise Woman
Ways
will open your heart and
mind to everyday magic and
the joys of living in tune
with the energies of
nature.

New Menopausal YearsThe
Wise Woman WayWise Woman

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Alternative Approaches For
Herbal
Menopausal Years
Your Guide to a Long and
Healthy Life
The Change
Down There
Clinical Gynecology

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Alternative Approaches For
Women 30 90 Wise Woman
Ways
Making Sense of Menopause
New Menopausal Years

***It's all there: Seven Medicines
to help you be abundantly
well, make sense of medicine,
and get the health care you
need and deserve. Chapter***

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Women 30-90 Wise Woman
Ways

***Six, on Pharmaceutical
Medicine, includes a dozen two-
page spreads comparing the
effects of common modern
drugs to herbal remedies. It is
illustrated with magical
drawings, meticulously***

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Alternative Approaches For
***indexed, assiduously
researched, and rich with
recipes, lore, and startling
scientific support for the
Complementary Integrated
Medicine Revolution.
Hot flashes? Not up this***

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Women 30-90 Wise Woman
Ways
***garden path! Simple herbal
remedies for natural
menopause. Free seeds.***

***Dr. Christiane Northrup's #1
New York Times bestseller The
Wisdom of Menopause has
inspired more than a million***

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Women 30 90 Wise Woman
Way

**women with a dramatically
new vision of midlife—and will
continue to do so for
generations to come. As Dr.
Northrup has championed, the
"change" is not simply a
collection of physical**

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Women 30 90 Wise Woman
Ways

***symptoms to be "fixed," but a
mind-body revolution that
brings the greatest
opportunity for growth since
adolescence. The choices a
woman makes now—from the
quality of her relationships to***

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***Alternative Approaches For
Women 30 90 Wise Woman
Ways***
***the quality of her diet—have
the power to secure vibrant
health and well-being for the
rest of her life. Now
completely revised, this
groundbreaking classic draws
on the current research and***

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Women 30-99 Wise Woman
Ways

medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how

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Ways**
**thermography improves breast
health; • the latest on the
glycemic index, optimal blood
sugar levels, and ways to
prevent diabetes; • dietary
guidelines revealing that
hidden sugar—not dietary**

fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after

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***Alternative Approaches For
Women 30-90 Wise Woman
Ways***
***menopause; • strategies to
combat osteoporosis and
strengthen bones for life. With
this trusted resource, Dr.
Christiane Northrup shows
that women can make
menopause a time of personal***

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Women 30-90 Wise Woman
Ways
**empowerment—emerging
wiser, healthier, and stronger
in both mind and body than
ever before.**

**Margaret Lock explicitly
compares Japanese and North
American medical and political**

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Ways

**accounts of female middle age
to challenge Western
assumptions about
menopause. She uses
ethnography, interviews,
statistics, historical and
popular culture materials, and**

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Alternative Approaches For
***medical publications to
produce a richly detailed
account of Japanese women's
lives. The result offers
irrefutable evidence that the
experience and
meanings—even the***

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Alternative Approaches For

endocrinological changes—associated with female midlife are far from universal. Rather, Lock argues, they are the product of an ongoing dialectic between culture and local biologies.

*Alternative Approaches For
Women 30 90 Wise Woman
Ways*

Japanese focus on middle-aged women as family members, and particularly as caretakers of elderly relatives. They attach relatively little importance to the end of menstruation, seeing it as a

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***natural part of the aging
process and not a diseaselike
state heralding physical
decline and emotional
instability. Even the symptoms
of midlife are different:
Japanese women report few***

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***Alternative Approaches For
Women 30-90: Wise Woman
Ways***
***hot flashes, for example, but
complain frequently of stiff
shoulders. Articulate,
passionate, and carefully
documented, Lock's study
systematically undoes the
many preconceptions about***

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***Alternative Approaches For
Women 30-90: Wise Woman
Ways***
***aging women in two distinct
cultural settings. Because it is
rooted in the everyday lives of
Japanese women, it also
provides an excellent entree to
Japanese society as a whole.
Aging and menopause are***

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***Alternative Approaches For
Women 30 90 Wise Woman
Ways
subjects that have been
closeted behind our myths,
fears, and misconceptions.***

***Margaret Lock's cross-cultural
perspective gives us a critical
new lens through which to
examine our assumptions.***

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Alternative Approaches For
Herbs and Things
Mythologies of Menopause in
Japan and North America
Wild Woman's Garden
Goddesses in Older Women
The Menopause Lady
An Unexpected Spiritual

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Alternative Approaches For
Journey

***Wise Woman Herbal for the
Childbearing Year***

Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference

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Ways

format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and

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Ways

infertility, infectious diseases,
urogynecologic problems,
gynecologic concerns in children
and adolescents, and surgical
interventions including minimally
invasive surgical procedures.

Information is easy to find and

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Women 30 90 Wise Woman
Ways

absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

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Women 30-90, Wise Woman
Ways

The bestselling author of "Minding
the Body, Mending the Mind"

reveals the interconnected loop of
the mind, body, and spirit in a
pioneering book that will teach
women how to maximize their
health and well-being as well as

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Women 30 90 Wise Woman
Ways

discover the extraordinary power
that comes with each stage of the
feminine life cycle.

Offers advice on a natural, effective,
hormone-free treatment for the
symptoms of menopause. and
includes exercise, foods and herbs,

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and preventive medicine.

□ Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating,

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Ways

deeply moving book is an instant classic. I'm about to buy it for everyone I know. —Maggie Nelson, author of *The Argonauts* A brave, brilliant, and unprecedented examination of menopause
Menopause hit Darcey Steinke hard.

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Ways

First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence.

Throughout history, the natural physical transition of menopause has

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Women 30 90 Wise Woman
Ways
been viewed as something to deny,
fear, and eradicate. Menstruation
signals fertility and life, and
childbirth is revered as the ultimate
expression of womanhood.

Menopause is seen as a harbinger of
death. Some books Steinke found

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Ways

promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In *Flash Count Diary*, Steinke writes frankly about aspects

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Ways

of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women.

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Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's

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Ways

famous Étant donnés was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. Flash Count Diary, with its deep research, open play of ideas, and reverence

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Ways

for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive

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years.

Women who Run with the Wolves

Radiant Wise Woman

A Partner's Guide to Understanding
Menopause

Plant Spirit Medicine

The Wisdom of Menopause

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The New Hot
Cruising Through Menopause with
Attitude and Style

The seminal, ground-breaking
and controversial feminist
text on the menopause,
revised and updated When The

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Way

Change was published in
1991, 'menopause' was a word
of fear. Then, as now,
expensive magazines
advertised even more
expensive anti-ageing
preparations, none of which
worked. Big pharma was

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Women 30-90 Wise Woman

Way
pushing replacement
hormones, but doctors were
dragging their feet. Some

women told horror stories of

their experiences with

replacement hormones; others

called them lifesavers.

Nobody knew why some women

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Women 30-50: Wise Woman
Ways
went through this change of
life without difficulty.

What was working for them,
when other women were
tormented almost to madness?
It seemed that we were close
to an answer to that
question, but that was

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Women 30-90 Wise Woman

Ways

before large-scale studies revealed that the protective effects of hormone replacement had been vastly exaggerated; given the perceived increase in the risk of life-threatening disease, the studies had to

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Women 20-90 Wise Woman
Why

be called off. Now more than ever, amid the clamour of online chatrooms and promotions for a vast array of alternative therapies, the individual woman has to manage her passage through menopause for herself. In

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Alternative Approaches For
The Change, Germaine Greer
Women 30-90 Wise Woman
Ways
provides a common-sense
guide to a very interesting
and important stage of
women's lives.

A guide for improving a
woman's physical and mental
health from age 35 and on.

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Women 30 90 Wise Woman
Why

It covers topics of vital
interest to perimenopausal
and postmenopausal women:

hot flashes, vaginal
dryness, poor sleep, memory
loss, mood changes,
depression, hormone
replacement therapy, sleep,

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Alternative Approaches For
Women 30-90: Wise Woman
Way
diet, exercise, weight
control, and healthy sex.

Today's generation is the
first to really speak openly
about menopause—yet the
medical community and
popular culture fixate on
the negative aspects. Now a

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Ways

renowned women's health
expert offers a powerful
guide to experiencing
perimenopause and menopause
as a neutral gateway into
the next exciting and
meaningful phase of our
lives.

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Ways

At this very moment over
fifty million women are
going through menopause.

Pharmaceutical companies are
mass marketing hormones as
fast as doctors can
prescribe them, and
menopausal seminars

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Women 30-50 Wise Woman
Way

sponsored by these companies are crisscrossing the country in an effort to educate women on easing the physical pains of hormone deficiencies. Books like *The Silent Passage*, *What Your Doctor Won't Tell You About*

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Alternative Approaches For
Menopause, and Listening To
Your Hormones are flying off
the shelves because women
are desperate to learn even
more. And yet, these
doctors, seminars, and books
still haven't addressed what
every transitional woman

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instinctively knows:
Menopause is much more than
just a list of physical
ailments, menopause is a
spiritual journey. The Seven
Sacred Rites of Menopause:
The Spiritual Journey to the
Wise-Woman Years is a

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Women 30-90 Wise Woman

Way
groundbreaking work that
will usher in a new way for
women to cope with the
emotional and physical
challenges of menopause.
Venturing into uncharted
territory, Kristi Meisenbach
Boylan takes an intriguing

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and original look at the
Women 30-90 Wise Woman
seven rituals that
Menopausal women move
through on their voyage to
the wise-woman years. Author
Meisenbach Boylan believes
that these seven ceremonial
milestones should be viewed

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Women 30-60 Wise Woman
Ways

as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual

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Alternative Approaches For
balance.

A Compendium of Practical
and Exotic Lore

The Seven Sacred Rites of
Menopause

Encounters with Aging

No. 1 Sunday Times

Bestseller

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Women 30-50 Wise Woman

Why
The Spiritual Journey to the
Wise-woman Years

The Biology, Psychology, and
Spirituality of the Feminine
Life Cycle

Alisa Vitti found herself suffering

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Ways

through the symptoms of
polycystic ovarian syndrome
(PCOS), and was able to heal
herself through food and lifestyle
changes. Relieved and reborn,
she made it her mission to
empower other women to be

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Women 30 90 Wise Woman
Ways

able to do the same. As she
says, 'Hormones affect
everything. Have you ever
struggled with acne, oily hair,
dandruff, dry skin, cramps,
headaches, irritability,
exhaustion, constipation,

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Ways

irregular cycles, heavy bleeding,
clotting, shedding hair, weight
gain, anxiety, insomnia, infertility,
lowered sex drive, or bizarre
food cravings and felt like your
body was just irrational?' With
this breadth of symptoms,

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Ways

improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic

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Alternative Approaches For
Women 30 90 Wise Woman
Ways
know the power of her process
that focuses on uncovering your
unique biological make up.

Groundbreaking and informative,
WomanCode educates women
about hormone health in a way
that's relevant and easy to

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Alternative Approaches For
Women 30 90 Wise Woman
Ways

understand. Bestselling author
and women's health expert
Christiane Northrup, who has
called WomanCode the 'Our
Bodies, Ourselves of this
generation', provides an
insightful foreword.

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Alternative Approaches For

Women 30 90 Wise Woman
Ways

"There is no question that keto eating is the biggest diet trend in years. And it really works--dieters often report super-fast weight loss--but they also complain about the rigidity of the diet, as well as the flu-like

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symptoms that often accompany
this high-fat/low-carb way of life.

The solution? Add alkaline foods
to your plate--leafy greens, other
vegetables, broths, healthy oils,
nuts, and seeds--for a lifestyle
that's more sustainable and

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easier on your body"--
Women 30 90 Wise Woman
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Whether you live in a mountain cabin or a city loft, plant spirits present themselves to us everywhere. Since its first printing in 1995, Plant Spirit Medicine has passed hand-to-

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hand among countless readers drawn to indigenous spirituality and all things alive and green. In this updated edition, Eliot Cowan invites us to discover the healing power of plants—not merely their physical medicinal properties,

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but the deeper wisdom and gifts
that they offer. Enriched by many
new insights, this guide unfolds
as a series of chapters on how
plant spirit medicine helped
Cowan resolve specific
challenges in his own healing

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journey and in his work with others. In the telling, we learn how plant spirits can directly communicate with and aid all of us, including: Plant spirit medicine's five-element view of healing Ways to assess our own

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states of health and balance
Receiving guidance from plants,
including those found within
herbal preparations New
passages on community and
sacred plants such as peyote,
marijuana, and tobacco

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Additional interviews with plant
shamans across diverse
traditions, and more

Foods, exercises, and attitudes
to keep your breasts healthy.

Supportive complimentary
medicines to ease side-effects of

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surgery, radiation,
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chemotherapy, or tamoxifen.
Ways

A Guide to Physical, Emotional
and Spiritual Health at Midlife
and Beyond

7 Radical Weeds for Women
Over 40

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TCM: A Woman's Guide to a
Trouble-Free Menopause

Womancode

Sexual and Reproductive Health
the Wise Woman Way

The Wise Woman Way

Breaking Free from the Myths of

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Menopause and Aging

Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see

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menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming

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Way alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable

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physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter

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includes guided questions for personal reflection and study questions for group discussion.

In a survey of menopausal women, it was found that what most of them wanted from their partners was understanding and support. However, many men are unsure of what they

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Ways
can do to help. This book offers an
informal guide for partners of
menopausal women.

This memoir is about life, love, facing
breast cancer with its challenges and
change. Nancy begins this story with
segments from her life that helped
form her into the woman she is today.

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As a nurse practitioner with a specialty in menopause for the past 25 years, she knew she was about to face a tumultuous battle. Blindsided by the diagnosis of breast cancer, she had turned to her journal for guidance and calm. Hormone therapy had been a lifeline to her health and sanity for

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many years, but now she had to
reconcile with the thought of letting go
of her estrogen patch. As she
gradually reduced the size of the patch
while awaiting surgery, symptoms she
had experienced years before crept
back with a vengeance - hot flashes,
night sweats, insomnia, brain fog,

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Way

irritability, mood swings. The incredible shifts overwhelmed her, she felt as if her life was falling apart. She could still help her patients, but unfortunately not help herself. Suddenly finding herself in a patient role, she knew she needed to speak up and to be heard. Thus began her process of research,

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seeking out and speaking with experts in the menopause field about hormones after breast cancer, daring to question medical professionals, and ultimately finding her voice. Finally, after doing her homework, journaling extensively and assuming personal responsibility for her future health, she

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returned to her beloved estrogen. It was not an easy path.

Susun Weed (author of best-seller "Wise Woman Herbal for the Childbearing Year") spent three years talking with more than 10,000 women about their menopause. She discovered that their experiences differ

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Ways
hugely from most published accounts:
The Breakthrough Book on Natural
Progesterone

Flash Count Diary

Wise Woman Herbal Healing Wise
A Menopause Practitioner's Memoir of
Life, Love, Breast Cancer, and Her
Choice to Return to Estrogen.

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What Your Doctor May Not Tell You
About(TM): Menopause

Healing Magic, 10th Anniversary
Edition

Women, Aging, and Menopause

Hormone Treatment Is Called

Harmful-Washington Post, 7/10/02

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Estrogen Use Linked to Higher
Cancer Risk-Boston Globe, 7/17/02

31.2 million women facing
menopause in America are
concerned by these headlines. Most
women today will live over one-
third of their lives post-menopausal,

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but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left

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wondering whether they should approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic. Suza Francina has a simpler solution: Yoga. In this

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practical book, Francina, a leading
yogi and author of *The New Yoga
for People Over 50*, shows how
yoga can be a powerful tool to help
women turn menopause into a
positive and empowering
experience, both physically and

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spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression

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and fatigue; bone loss; heart disease
and cancer. Francina delivers a
timely and truly heartening message
to women: you don't have to get
weaker or depressed when facing
menopause, it can truly be an
empowering, restorative time.

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One evening long ago, three women in three very different corners of the world are struck by the light of a bright new rising star, and each feels compelled to follow it. The three women meet on a path of starlight, and together they walk through the

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hills to a small thatched stable,
where a baby lies in a makeshift
crib, surrounded by expensive gifts.

The women have nothing to give
except gifts from the heart. Mary
Hoffman's beautiful story, enhanced
by Lynne Russell's glowing

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artwork, gently reminds all readers of the contributions women have made to Christianity.

An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a

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brilliant, gutsy, exhilarating,
bruising, exasperating fury of a
book." A quarter of a century after
the first publication of Germaine
Greer's now canonical look at
women's experience later in life, the
renowned feminist and prolific

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author updates and expands her
essential book, *The Change*. Despite
improvements over the last few
years, discussions about menopause
are still hampered by a huge
variance in conventional wisdom
about what happens, when it

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happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this

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updated edition of her
groundbreaking book, Greer
debunks stubborn myths and
presents a vital new perspective on
the emotional and physical
changes--including up-to-date
medical details--women face today

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when they go through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the

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background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of

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The Change offers a crucial twenty-first-century guide to the change that every woman faces.

Examines the scientific evidence for and against hormone therapy for women past menopause, reviews the alternatives to it, and discusses its

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risks and limitations.

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Ways
The Fat-Burning Power of
Ketogenic Eating + the Nourishing
Strength of Alkaline Foods = Rapid
Weight Loss and Hormone Balance
The Complementary Integrated
Medical Revolution

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Three Wise Women
Women 30 90 Wise Woman
Ways

No, It's Not Hot in Here
Abundantly Well

The Slow Moon Climbs
Harnessing the Power and Potency
of Your Wisdom Years

*** #1 SUNDAY TIMES BESTSELLER

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*** 'Immensely helpful...a tome of medical knowledge. I'm mildly obsessed by Louise Newson. Buy the book!' Davina McCall 'What a brilliant, helpful and straight-forward guide to menopause. I wish I could have had it when I first had symptoms, it would have made a huge difference to me'

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Louise Minchin 'This book is indispensable. Keep it by your bedside. It will transform your life. Dr Louise is a miracle worker' Lorraine Kelly Take charge of your menopause and feel great Dr Louise Newson is the UK's leading menopause specialist, and she's determined to help women

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thrive during the menopause. Despite being something that almost every woman will experience at some point in their lives, misdiagnosis, misinformation and stigma are commonplace. In *Preparing for the Perimenopause and Menopause*, Dr Newson will demystify the menopause

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and show why every woman should be perimenopause aware, regardless of their age. Drawing on new research and empowering patient stories from a diverse range of women who have struggled to secure adequate treatment and correct diagnosis, Dr Newson will equip you with expert

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advice on: · Common and 'taboo'
symptoms to look out for · HRT
treatment options · Going through an
early menopause · Getting a good
night sleep · Optimising your nutrition
in the menopause · Exercising for a
better menopause · Your mental
health during the menopause Dr

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Newson empowers women to confidently take charge of their health and their changing bodies. It's never too early to learn about the perimenopause or menopause and this essential book will equip you with everything you need to know. *****

Dr Louise Newson is donating 10% of

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all royalties she receives for the book to The Menopause Charity. Part of the Penguin Life Experts series.

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading

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medical experts in the field. The physical changes that occur after women turn forty are

unavoidable—and can be unnerving.

Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number

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of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor ' s Choice National Award for Obstetrics & Gynecology, shares her knowledge

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to help women be their happiest and healthiest, and turn this challenging time into an exciting one. Written in her effervescent yet assured voice, Menopause Confidential provides simple strategies and cutting-edge information on: hormonal changes and the symptoms of perimenopause and

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menopause; the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis; various remedies, both

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allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs; practical tips and resources for mitigating the effects of menopause. Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories

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of her own personal travails and solutions. Women can't turn back the clock, but they can take control of their health and flourish in midlife.

Menopause Confidential encourages them to be informed, be proactive, and be their greatest selves.

Women's health care for child bearing

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years.

Healing Wise sets forth the foundations of the Wise Woman Tradition, contrasting them with the Heroic and Scientific views of healing. Weeds draw us into ancient wisdom in a clear and refreshing way, says herbalist Rosemary Gladstar. I see the

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Ways

Wise Woman. She carries a blanket of compassion. She wears a robe of wisdom. From her shoulders, a mantle of power flows. She ties the threads of our lives together. I see the Wise Woman. And she sees me. Seven herbs -- burdock, chickweed, dandelion, nettle, oatstraw, seaweed,

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and violet -- are explored in depth.

Each monograph includes the voice of the herb, a weed walk to encounter the herb in its environment, detailed instructions for harvesting and preparation, properties and uses for every part of the herb, pertinent facts, fun folklore, and recipes for gourmet

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Ways
foodstuffs, wines, beers, cosmetics,
and more.

Menopause Matters

A Green Witch Guidebook to
Conscious Living

A Woman's Book of Life

Own Your Health with Facts and
Feminism

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Alternative Approaches For
Archetypes in Women Over Fifty

Keto-Green 30 90 Wise Woman
16

Ways
Yoga and the Wisdom of Menopause

**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.

**Alternative Approaches For
Women 30-90 Wise Woman
Ways**

**At some point after fifty,
every woman crosses a
threshold into the third
phase of her life. As she
enters this uncharted
territory -- one that is
generally uncelebrated in**

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**popular culture -- she can
choose to mourn what has
gone before, or she can
embrace the juicy crone
years. In this celebration of
Act 3, Jungian analyst Jean
Shinoda Bolen names the**

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**powerful new energies and
potentials, or archetypes,
that come into the psyche
at this momentous time,
suggesting that women
getting older have
profound and exciting**

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Ways

**reasons for welcoming the
other side of fifty. As Bolen
has explained in her
remarkable body of work,
there are goddesses in
every woman, deep
archetypal sources of**

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**wisdom, authenticity and
spirituality that, once
tapped, energize us and
give us a sense of meaning
and self- acceptance. The
knowledge of which
archetypes are active**

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Ways

**within us at each phase of
life-maiden, mother (or
matron), and cronesupports
us in making choices that
are true to who we are
instead of conforming to
others' ideas of who we**

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Women 20 90 Wise Woman
Ways

**should be. In Bolen's
bestselling Goddesses in
Everywoman, the classic
work of the women's
spirituality movement, the
Greek goddesses
personified these**

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Women 30-90 Wise Woman
Ways

**archetypes as they affected
the first two phases of a
woman's adult life. Now she
explains that in the third
stage, marked
physiologically by
menopause, there emerges**

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**a whole new cast of inner
archetypes that a woman
can draw on for guidance,
creativity, personal
integration, and joy. Once
we learn to recognize these
forces, we can feel**

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**empowered and wise,
introspective and spiritual,
sexually bold and full of
mirth. For it is in the
"wisewoman" years, when a
woman has lived long
enough to resolve the tasks**

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**of younger and middle
adulthood, that she can
fully and authentically
become who she deeply is.
The generation of women
who are approaching or
who have reached the**

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**Alternative Approaches For
Women 30-90 Wise Woman
Ways**
**crone years is historically
unique. Influenced by the
women's movement, they
have benefited from
educational opportunities,
women's support networks,
and economic resources as**

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**Alternative Approaches For
Women 30-90: Wise Woman
Ways**
**excellent preparation for
decades of active
postmenopausal life. By
recognizing the goddess
archetypes that emerge in
this phase, women of this
special generation will be**

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Ways
**enabled to transform the
crone years into the best
years of their lives.**

**A Jungian analyst explores
the feminine psyche
through stories of "wild
women"--the mythological**

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**archetype of the strong,
primitive woman**

**An Instant New York Times,
Washington Post, USA
Today, San Francisco
Chronicle, and Publishers
Weekly Bestseller! #1**

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Ways**
**Canadian Bestseller Just as
she did in her
groundbreaking bestseller
The Vagina Bible, Dr. Jen
Gunter, the internet's most
fearless advocate for
women's health, brings you**

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**empowerment through
knowledge by countering
stubborn myths and
misunderstandings about
menopause with hard facts,
real science, fascinating
historical perspective, and**

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**expert advice. "I feel more
equipped to care for my
patients, challenge the
patriarchy, and empower &
educate thanks to her work
and advocacy." —Dr.
Danielle Jones (Mama**

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**Doctor Jones) “An
exhilarating read and a
comprehensive review of all
things menopause.”**

**—North American
Menopause Society
“Gynecologist Gunter (The**

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Ways
**Vagina Bible) helps women
navigate the ins and outs of
menopause in this
delightfully conversational
and strongly feminist
guide. Readers looking to
separate menopausal fact**

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Women 30-90 Wise Woman
Ways
**from fiction should take
note.” —Publishers Weekly**

**“Gunter mixes sound
medical information with a
bit of humor and a lot of
candor...[this] frank and
expert guide provides an**

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informative and reassuring
Women 30 90 Wise Woman
look at a long, often
baffling and infuriating
phase of life.” —Booklist
The only thing predictable
about menopause is its
unpredictability. Factor in

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Ways

**widespread misinformation,
a lack of research, and the
culture of shame around
women's bodies, and it's no
wonder women are unsure
what to expect during the
menopause transition and**

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**beyond. Menopause is not a
disease—it's a planned
change, like puberty. And
just like puberty, we should
be educated on what's to
come years in advance,
rather than the current**

practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both

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**empowering and
reassuring. Frank and
funny, Dr. Jen debunks
misogynistic attitudes and
challenges the over-
mystification of menopause
to reveal everything you**

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really need to know about:

*** Perimenopause * Hot
flashes * Sleep disruption *
Sex and libido * Depression
and mood changes * Skin
and hair issues * Outdated
therapies * Breast health ***

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**Alternative Approaches For
Women 30-90: Wise Woman
Ways**
**Weight and muscle mass *
Health maintenance
screening * And much
more! Filled with practical,
reassuring information, this
essential guide will
revolutionize how women**

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experience
menopause—including how
their lives can be even
better for it! “Read this
book immediately.” —New
York Times bestseller
Ayelet Waldman, author of

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**A Really Good Day and Love
& Treasure “This is the new
‘it’ book for women who
want to prepare for or
understand what
menopause is (and isn't).”
—Dr. Jennifer Lincoln**

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**The Menopause Manifesto
Menopause and the
Vindication of Natural Life
Seven Transforming Gifts of
Menopause
The Science, History, and
Meaning of Menopause**

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Ways

**Preparing for the
Perimenopause and
Menopause
Menopause Confidential**