

Access Free The
Silent Passage
Menopause

***The Silent
Passage
Menopause***

The purpose of this qualitative study was to generate theory about women's perimenopausal life experiences. Thirty-five Taiwanese women aged 40 to

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59 who perceived themselves as perimenopausal and who were not using hormone therapy were interviewed. Data were generated from interviews which were conducted in Mandarin. Living with Changing Health was the core category for

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describing and guiding the process of perimenopause. During this process, Awareness was identified as the antecedent condition. Once the woman became aware, she would begin the process of living with her changing health. This process would

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be marked by action and interaction among the categories of Emotional Fluctuation, Searching for Answers, Compromising, Pursuing the Better Life, and Keeping on. Throughout this process women viewed

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perimenopause as A
Natural Life

Process during
which they lived
with their changing
health. Although for
Taiwanese women
perimenopause is a
natural life process,
it is no longer a
silent passage.

Nurses should be
sensitive to mid-life
women noting if

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there is peaceful
and silent passage
or if there is hidden
turbulence beneath
their apparently
peaceful lives.

Helping them to live
with their changing
health is the most
important issue for
the care of
Taiwanese
perimenopausal
women.

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Offers a humorous look at dealing with a man's mid-life crisis, discussing the physical, emotional, and financial changes one encounters

Enormous changes have taken places in the adult life cycle.

Young people are waiting until their 30s to marry and

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start families, men and women in their 40s and 50s feel ten years younger, more women are having children in their 40s or over, 50-year-old men are increasingly being forced into early retirement, and healthy men and women who reach 50 can expect

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to see their 80th or 90th birthdays - which means they have a Second Adulthood to think about and plan. Perimenopause. Menopause. Midlife. For the women in Changing Course, these words imply much more than something to "get through" or even as

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a "silent passage" -
it's a time for great
self-reflection,
exciting adventures,
and new beginnings.
Compiled by Yitta
Halberstam - the
author of the
multimillion-selling
Small Miracles
series - Changing
Course delivers an
entirely new
message about

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menopause and midlife. This superlative work features sixty rich stories from women of diverse backgrounds and experience that capture the laughter and joyous tears of this important time in a woman's life. This compelling work is divided into

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four sections: Don't
Look Back... women
who find that they
must let go of the
past Starting the
Voyage... women
who are
experiencing the
symptoms of
perimenopause or
menopause The
Meditative
Journey... women
who share their

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epiphanies on aging
New Directions,
New Beginnings...
women who have
shown great
courage as they
look to the future
"In Menopause: A
Midlife Passage,
[questions about
menopause] are
considered in depth
from a dazzling
variety of angles.

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This is just the serious feminist discussion of menopause that I have been longing for.... its exquisite analyses renew us in our struggles to make sense of it all." -- Alice Dan, Women's Review of Books "Menopause has become a hot (with or without the

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flashes) topic in America. That's because a critical mass of us have reached it and are educated, aggressive, and confident enough to want to know what's happening to us, and then to talk about it.... Smart, useful, funny,

Menopause: A

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Midlife Passage is a fine addition to the discussion, a healthy companion for this all-important life passage." -- Susan Stamberg, Special Correspondent, National Public Radio "Editor Callahan takes anything but a trendy approach to

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a very trendy topic. She's gathered essays by scholarly women who have thought through society's position on menopause and menopausal women and don't like what they see: older women denied positive portrayals in mainstream media, menopause

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treated by the
medical
establishment as if
it were a disease
rather than a
natural occurrence,
and devaluation of
older women.
Determined to
change people's
minds with their
words, these
women speak both
powerfully and

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empoweringly. A must for feminist and women's health collections." --

Booklist "... a bold attempt to go beyond the standard medical framing of women's experience, and to contest the notion that the menopause is straightforwardly a hormonal

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'deficiency
disease'." -- New
Scientist "... [an]
entertaining and
informative book
that takes a very
positive attitude
toward the 'midlife
passage'." --
Fertility News
"This book should
be required reading
for all women's
health care

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providers and anyone else doing counseling of menopausal women." -- Journal of Women & Aging Essayists from various walks of life present female-defined perspectives on menopause and the passage to new physical, social, and

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Menopause

cultural

development.

Revised and

Updated Edition

A Memoir

Menopause and the

Vindication of

Natural Life

Cultural and

Philosophical Issues

The Change

Dealing with the

Psychological and

Spiritual Aspects of

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Menopause

Sex and the
Seasoned Woman

*Offers two dozen
amusing and creative
solutions to problems
such as hot flashes,
weight gain, mood
swings, and depression,
accompanied by a
detailed bibliography for
additional resources
dealing with menopause.*

Combines interviews and

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research in an

*exploration of the sexual
habits of a wide range of
women--married and
single--over fifty.*

*Covering all aspects of
women's health including
historical,*

epidemiological,

economical, clinical,

legal, ethical, special

population, cultural and

psychosocial issues.

Love and marriage are

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*two of the greatest gifts
life has to offer, yet too
many marriages fail
because couples don't
fully understand the five
stages of relationships.
Because most of us have
had hurtful experiences
in past relationships,
often going back to
childhood, we develop an
inaccurate love map that
causes us to get off track
when the stresses of life*

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increase. For more than 40 years, Jed Diamond has been helping couples repair even the most damaged relationships and reweave the broken strands of marriage. In The Enlightened Marriage, Dr. Diamond will help you: Get through Stage Three—Disillusionment without losing your love. Understand that when

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your partner says, “I love you, but I’m not in love with you anymore,” it is not the end, but the beginning of Stage Four—Real Lasting Love. Learn why healing childhood wounds is the greatest gift of love you can give and receive from your partner.

Recognize and address the mid-life stresses of “manopause,” irritable

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*male syndrome, and
male-type depression.*

*Follow your calling in
Stage Five to make a real
difference in the world.*

Book description to come.

*The Enlightened
Marriage*

Managing Menopause

Beautifully

*The Feminist Origins of
a Chauvinist Cliché*

*The Not-so-silent
Passage*

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Male Menopause
The Silent Passage
Reinterpreting
Menopause

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

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Review called
"a brilliant,
gutsy,
exhilarating,
bruising,
exasperating
fury of a
book." A
quarter of a
century after
the first
publication of
Germaine

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Greer's now
canonical look
at women's
experience
later in life,
the renowned
feminist and
prolific author
updates and
expands her
essential book,
The Change.

Despite

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improvements
over the last
few years,
discussions
about menopause
are still
hampered by a
huge variance
in conventional
wisdom about
what happens,
when it
happens, when

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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

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at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on

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the emotional
and physical ch
anges--includin
g up-to-date
medical
details--women
face today when
they go through
what's known as
"the change."
Greer also
addresses
cultural

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changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She

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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

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timely, this new edition of *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

Learn how to better navigate the challenges

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of adult life
with Gail
Sheehy's
landmark bestse
ller—named one
of the ten most
influential
books of our
times by the
Library of
Congress. For
decades, Gail
Sheehy's

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Passages has been inspiring readers to see the predictable crises of adult life as opportunities for growth. She charts the stages between 18 and 50 as unfolding in a pattern of

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adult
development:
once
recognized,
more easily
managed.

Passages is an
insightful road
map of
adulthood that
illustrates
with vivid
stories our

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continuing
personality and
sexual changes
throughout the
"Trying 20s,"
"Catch 30s,"
"Forlorn 40s,"
and "Refreshed
(or Resigned)
50s." One
comment is
continuously
repeated by

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men, women,
singles,
couples, and
people who
recover from a
midlife crisis:
"This book
changed my
life."

The
comprehensive
examination of
this very real

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health issue.
Challenging
much in
contemporary
developmental
theory, this
book sheds new
light on
developmental
themes,
passages, and
issues in the
lives of women

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from the
perspective of
pastoral care.
In Her Own Time
provides a much-
needed
framework for
the pastoral
care of women.
The Silent Pass
ageMenopause
What Your
Doctor May Not

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Tell You
About (TM) :
Menopause
Hillary's
Choice

New Directions
for Men at
Midlife
Misinformed
Consent
Understanding
Men's Passages

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Midlife Crisis

Offers

alternatives to
estrogen

replacement
therapy,

including herbs,
homeopathic

treatments, diet,
and exercise

The personal

accounts in this

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collection were written by women who have undergone hysterectomies, and they offer a sobering perspective on the surgery. The potential risks and irreversible consequences of

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the surgery are presented to dispel popular beliefs that hysterectomies pose no medical or emotional risks. The stories and resources encourage individual women and the

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medical

community at
large to consider
alternative and
more effective
treatment
options. This
replaces
0773762868.
Turn menopause
and midlife into
a positive

Access Free The
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Menopause

experience

Dealing with the
Psychological
and Spiritual
Aspects of
Menopause
examines the
emotional toll of
menopause,
offering help for
the worry,
anxiety, stress,

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Menopause

and depression
women can face
during the
midlife years.
Instead of
focusing on
estrogen,
hormones, and
osteoporosis,
the book shares
up-to-date
research

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findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the

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mind/body/spirit
connection as
they gain a
healthy
perspective of
the changes
taking place and
restore balance
to their lives.
Dealing with the
Psychological
and Spiritual

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Aspects of
Menopause goes
beyond the
traditional
medical
approach to
examine ways
women can
make peace
with the
changes they
face at midlife.

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This unique
book informs,
empowers, and
enlightens
women about
the
opportunities for
personal and
spiritual growth
during
menopause,
offering

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Menopause

strategies for
exercise,
meditation,
prayer, and
counseling. The
authors offer a
new perspective
on menopause
that offers hope
in the face of
the stress,
worry, hot

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flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just “make it through” menopause. The

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authors show
that menopause
can become a
positive
experience for
women as they
discover new
avenues for
finding peace
and hope to
sustain them
through the

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Menopause

challenges of
mid-life—and
beyond. Dealing
with the
Psychological
and Spiritual
Aspects of
Menopause
examines
alternative
aspects of
menopause,

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Menopause

including:
dealing with
emotional loss
on top of
physical and
psychological
changes moods,
attitudes, and
depression the
benefits of
counseling and
group support

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exercise as a
treatment for
anxiety and
depression the
work experience
spiritual issues
special
challenges of
the
perimenopausal
period and much
more! Dealing

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Menopause

with the
Psychological
and Spiritual
Aspects of
Menopause is a
vital resource
for physicians,
counselors,
therapists, and
psychologists,
and especially
for the women

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Menopause

they treat.

Gail Sheehy in
the Silent
Passage called
menopause the
calm after the
storm. This book
is about the
storm itself.
Much is known
about the
menopause, its

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symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and

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estrogen levels
are destabilising.
Every women
experiences it
yet it is one of
the least
understood,
most
misdiagnosed
and most
confounding
stages in a

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women's life.

Could it be.

Perimenopause?

outlines the

symptoms - both

psychological

and physical -

which are a

direct result of

this hormone

imbalance and

shows how best

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to combat them.
It gives you the
facts you need
to make clear
choices about
medicinal and
natural
therapies and it
teaches you
about following
a healthy
lifestyle -such as

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diet, nutrition,
exercise and
vitamins - that
you can start
today and that
will bring about
far-reaching
ramifications for
your future
overall health.
Could it be.
Perimenopause

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is essential
reading for all
women.

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

Pharmaceutical
companies are
mass marketing

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hormones as fast as doctors can prescribe them, and menopausal seminars sponsored by these companies are crisscrossing the country in an effort to educate

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Menopause

women on
easing the
physical pains of
hormone
deficiencies.

Books like The
Silent Passage,
What Your
Doctor Won't
Tell You About
Menopause, and
Listening To

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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

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Menopause

every

transitional
woman

instinctively
knows:

Menopause is
much more than
just a list of
physical
ailments,
menopause is a
spiritual journey.

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The Seven
Sacred Rites of
Menopause: The
Spiritual Journey
to the Wise-
Woman Years is
a
groundbreaking
work that will
usher in a new
way for women
to cope with the

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Menopause

emotional and
physical
challenges of
menopause.
Venturing into
uncharted
territory, Kristi
Meisenbach
Boylan takes an
intriguing and
original look at
the seven rituals

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Menopause

that menopausal women move through on their voyage to the wise-woman years. Author Meisenbach Boylan believes that these seven ceremonial milestones should be

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viewed 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

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is really about
the soul trying
to find its
spiritual
balance.

Women's Stories
about
Unnecessary
Hysterectomy
The Seven
Sacred Rites of
Menopause

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Women, Aging,
and Menopause
Mastering
Menopause:
Women's Voices
on Taking
Charge of the
Change
Discovering the
New Map of
Men's Lives
M-Boldened

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150 Most-asked
Questions about
Menopause

Answers questions
about hot flashes,
hormone
replacement
therapy, and more
for women who are
entering
menopause

Why does she stay

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with him? Where does she go from here? The author who revealed a generation's Passages now answers all the questions about the most talked-about First Lady in American history. In *Hillary's Choice*,

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Hillary Clinton is rendered fully human for the first time. Here is the life of a woman that is also the story of a marriage--and the drama of a presidency. From her childhood with a demanding

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father and
frustrated mother
to her life as a
professional wife
determined to
elect her husband
president . . . from
the sexual
betrayals that
nearly broke her to
the national
scandal that

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remade her . . .

this is the epic
journey of a
modern American
woman, a saga
that begins in
passivity, moves
through self-
punishment, and
ends in power.

Who was the one
"other woman"

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who posed a serious threat to their marriage? What was the real reason for the health care failure? How did Hillary escape the snare of Kenneth Starr? How has she managed, through it all, to be

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a good mother?

No matter what her
future, the

mysteries about

Hillary Clinton's

past have been

fully resolved by

Hillary's Choice, a

stunning

achievement from

a master chronicler

of our times.

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A psychiatric nurse practitioner/sex therapist sorts out all the conflicting information about menopause and the ways to cope, offering dozens of vignettes from women who have faced and passed the change,

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Menopause
beautifully.

To her landmark studies, Passages and New Passages, the author adds another New York Times best-seller that leads men through the manifold changes and opportunities

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Menopause

life brings after
forty. Reprint.

Menopause:

Biology and

Pathobiology is a
comprehensive

volume covering

all aspects of the
biology, anatomy,

physiology,

pathobiology, and

pharmacology of

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menopause, as well as its diagnosis and management. The book is divided into four sections: Basic Biology, Epidemiology, Menopausal Systems Pathophysiology, and Intervention.

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Basic Biology covers such fundamentals as ovarian anatomy and physiology, mechanisms of steroid hormone action, chronobiological effects, and premature menopause.

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Epidemiology includes, among others, chapters on methodology challenges in the study of menopause, how to distinguish the effects of age from those of menopause, and a discussion of the

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key differences in demographics, environmental factors, and ethnicity in the menopause experience. The Pathophysiology section contains chapters on menopause and its various effects on

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the body, including sexuality, skin, brain, the cardiovascular system, cancers, and mood. The final section includes detailed chapters on intervention and management techniques, with

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topics including
alternative
therapies to
hormone
replacement,
exercise, and
estrogens and
osteoporosis. *

Well-referenced to
allow easy look up
of anything related
to menopause *

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Presents the latest
thinking on basic
science and
clinical topics *

Exposes what the
current gaps in our
knowledge are *

Presents current
expert opinions

A Midlife Passage
Finding Hope in
the Midlife

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Passages in Men's
Lives
The Spiritual
Journey to the
Wise-woman
Years
21st Century
Solutions
Menopause and
Estrogen
Natural
Alternatives to

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Hormone

Replacement

Therapy

*Interviews with and
case studies of
women in the U.S.,
accompanied by
research in this text,
show how our
perceptions,
thoughts, and
spiritual practices*

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*can help women
through menopause
without drugs and
their potential side
effects. More and
more women today
are seeking natural
ways to cope with
menopause,
including through
mindfulness
techniques and*

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*Eastern practices
such as meditation.
Women of various
races, ages, and
socioeconomic
status interviewed at
length for this study
explain their
experiences,
victories, and
setbacks in their
quests to overcome*

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*this natural but
body- and brain-
altering change.
Complementing
findings from her
research with wider
outside research,
author Deborah
Merrill explains
how popular culture
depictions, race,
class, and education*

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all alter women's perceptions of the meaning of menopause, and how those perceptions can complicate, exacerbate, or alleviate physical and psychological symptoms. She details the "medical

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*view" that views
menopause as a
problem to be
solved, rather than
as a natural event.
And, through
women's words and
case studies, she
details
psychospiritual
approaches many
are adopting to*

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cope, instead of seeking potentially harmful medicines. Readers will find new insights, wisdom, and potential solutions in the array of voices, experiences, and paths taken and presented in this book. Includes

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*interviews with
women of various
races,
socioeconomic
statuses, and ages
Addresses the social
meaning of
menopause and
portrayals in
popular culture
Discusses how some
women are turning*

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to lifestyle and diet changes, as well as Eastern practices such as yoga, meditation, and mindfulness to cope with menopause
Includes appendices of meditations, dialogues, and resources

“Many days I

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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, deeply moving book is an instant classic.

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*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. First came hot*

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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 been viewed as

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*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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promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In

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Flash Count Diary, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and

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lays bare the transformation of female desire and the realities of prejudice against older women.

Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the

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*seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of*

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*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 for the
female body, will*

Access Free The
Silent Passage
Menopause

*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-*

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Silent Passage
Menopause

reproductive years.

*A collection of
biographical
information about
outstanding women
in American history.*

*"This book recounts
the surprising origin
story of the "midlife
crisis." Before
becoming a
gendered cliché, the*

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Menopause

midlife crisis gained traction as a feminist concept with the publication of journalist Gail Sheehy's best-selling Passages: Predictable Crises of Adult Life.

Coined by psychoanalyst Elliott Jaques in the

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1950s, the term was largely neglected until Sheehy re-invented it as a feminist idea that challenged the double standard of middle age. Widely popular, 'midlife crisis' was subsequently appropriated and

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*redefined as a
masculinist concept
by psychological
and psychiatric
experts. Susanne
Schmidt's telling
reveals the midlife
crisis' remarkable
role in modern
American life: first
to valorize the
emergence of*

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Menopause
female

*breadwinners and
dual-income
families, then to
reassert gender
order in times of
social change. A
must-read"--*

***THE #1 NEW
YORK TIMES
BESTSELLER***

Millions of readers

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Silent Passage
Menopause

*literally defined
their lives through
Gail Sheehy's
landmark bestseller
Passages. Seven
years ago she set out
to write a sequel,
but instead she
discovered a historic
revolution in the
adult life cycle. . .
People are taking*

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Silent Passage
Menopause

*longer to grow up
and much longer to
die. A fifty-year-old
woman--who
remains free of
cancer and heart
disease-- can expect
to see her ninety-
second birthday.
Men, too, can
expect a
dramatically*

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lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In New Passages, Gail Sheehy discovers and maps out a

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Menopause

*completely new
frontier--a Second
Adulthood in middle
life. "Stop and
recalculate,"
Sheehy writes.
"Imagine the day
you turn forty-five
as the infancy of
another life."
Instead of declining,
men and women*

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Silent Passage
Menopause

*who embrace a
Second Adulthood
are progressing
through entirely
new passages into
lives of deeper
meaning, renewed
playfulness, and
creativity--beyond
both male and
female menopause.
Through hundreds*

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Silent Passage
Menopause

*of personal and
group interviews,
national surveys of
professionals and
working-class
people, and fresh
findings extracted
from fifty years of
U.S. Census reports,
Sheehy vividly
dramatizes these
newly developing*

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Menopause

stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. New Passages tells us we have the ability to

Access Free The
Silent Passage
Menopause

*customize our own
life cycle. This
groundbreaking
work is certain to
awaken and
permanently alter
the way we think
about ourselves.*

**"SHEEHY
CLEARLY STATES
IDEAS ABOUT
LIFE THAT HAVE**

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Silent Passage
Menopause

***NEVER BEFORE
BEEN AS
CLEARLY
STATED."*** --*Los
Angeles Times Book
Review "AN
OPTIMISTIC
ANALYSIS OF
ADULT
DEVELOPMENT
IN PESSIMISTIC
TIMES. . . It is*

Access Free The
Silent Passage
Menopause

*grounded in the
economic and
psychological
realities that make
adult life so
complex today."*

*--The New York
Times Book Review
Menopause
Conversations We
All Need to Have
The Breakthrough*

Access Free The
Silent Passage
Menopause

*Book on Natural
Progesterone
Biology and
Pathobiology
Menopaws
Women's Inspiring
Stories of
Menopause,
Midlife, and Moving
Forward
Could It Be the
Perimenopause?*

Access Free The
Silent Passage
Menopause

*Perimenopause
Among Chinese
Women in Taiwan*

Profiles a range of traditional and alternative options for treating menopause symptoms, in a volume that dedicates each chapter to a specific

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Menopause

condition or
therapeutic
approach, from
hormone
replacement therapy
and osteoporosis to
Chinese medicine
and yoga, as
evaluated by top
field experts.
Original. 12,000 first
printing.

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Menopause

The author of the classic New York Times bestseller *Passages* returns with her inspiring memoir—a chronicle of her trials and triumphs as a groundbreaking “girl” journalist in the 1960s, to iconic guide for women and

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Silent Passage
Menopause

men seeking to have
it all, to one of the
premier political
profilers of modern
times. Candid,
insightful, and
powerful, *Daring:
My Passages* is the
story of the
unconventional life
of a writer who
dared . . . to walk

Access Free The Silent Passage Menopause

New York City streets with hookers and pimps to expose violent prostitution; to march with civil rights protesters in Northern Ireland as British paratroopers opened fire; to seek out Egypt's president Anwar Sadat when he was targeted for

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Silent Passage
Menopause

death after making
peace with Israel.

Always on the
cutting edge of social
issues, Gail Sheehy
reveals the obstacles
and opportunities
encountered when
she dared to blaze a
trail in a “man’s
world.” Daring is
also a beguiling love

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Menopause

story of Sheehy's
tempestuous
romance with and
eventual happy
marriage to Clay
Felker, the
charismatic creator
of New York
magazine. As well,
Sheehy recounts her
audacious pursuit
and intimate

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Menopause

portraits of many
twentieth-century
leaders, including
Hillary Clinton,
Presidents George H.
W. and George W.
Bush, and the world-
altering attraction
between Margaret
Thatcher and
Mikhail Gorbachev.
Sheehy reflects on

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desire, ambition, and
wanting it
all—career, love,
children, friends,
social
significance—and
lays bare her major
life passages: false
starts and surprise
successes, the shock
of failures and inner
crises; betrayal in a

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Menopause

first marriage; life as
a single mother;
flings of an ardent,
liberated young
woman; her adoption
of a second daughter
from a refugee
camp; marriage to
the love of her life
and their ensuing
years of happiness,
even in the shadow

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of illness. Now stronger than ever, Sheehy speaks from hard-won experience to today's young women. Her fascinating, no-holds-barred story is a testament to guts, resilience, smarts, and daring, and offers a bold

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Menopause

perspective on all of
life's passages.

As their lives
become both longer
and increasingly
unpredictable, men
today are faced with
the urgent need to
reinvent themselves.

PASSAGES IN
MEN'S LIVES

reveals their doubts,

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their passions, their
hunger for renewal.
Hundreds of men,
celebrities as well as
everyday heroes,
have told their
stories to Gail
Sheehy. Sheehy
makes the case that
it is men in middle
life who have the
best chance to

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become masters of their fates, to understand what is missing and forge new directions to invigorate the second half of their lives.

PASSAGES IN MEN'S LIVES is a concise guide for men (and the women who care about

Access Free The Silent Passage Menopause

them) as they
confront the major
issues of each life
change, including:
how can you be the
father you wish your
father was? Where
can you find new
passion and purpose?
How can you deal
with male
menopause? How

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can you survive a job
change or
downsizing? What
strategies can defeat
depression? What
keeps a man young?
When men and
women face the
same passage with
different needs, how
does marriage
survive? Offering

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Silent Passage
Menopause

concrete information
as well as inspiration,
Gail Sheehy's
PASSAGES IN
MEN'S LIVES is a
powerful, insightful
guide to self-
renewal.

An updated edition
of the best-seller by
the author of
Passages includes

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Menopause

new data on

perimenopause,
menopause in the
workplace, estrogen
and brain-power, and
new treatments.

Reprint.

Gail Sheehy's
landmark bestseller
has become the bible
for women
concerned about

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Menopause.

menopause. Since
The Silent Passage
was originally
published in the
early 1990s, Gail
Sheehy, a member of
the board of the New
York Menopause
Research
Foundation, has been
at the forefront of
the newest research

Access Free The Silent Passage Menopause

on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on The Perimenopause

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Menopause

Panic, Menopause in
the Workplace,
Estrogen and
Brainpower, and
New Frontiers in
Treatment. Candid,
enlightening,
inspiring, and witty,
with the latest
information on
everything from
early menopause to

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Menopause

Chinese medicine
and natural
remedies, The Silent
Passage is an
indispensable
reference for every
woman.

New Dimensions in
Women's Health
Changing Course
Menopause

Daring: My Passages

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Silent Passage
Menopause

The New Menopause
Book

Managing the
Menopause
Passages

*"In the three years
since The Silent
Passage was
originally published,
Gail Sheehy, a
member of the
National Institutes of*

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Silent Passage
Menopause

*Health Advisory
Committee to the
Women's Health
Initiative, has been
at the forefront of
the newest research
on menopause. She
has also continued
to interview
countless women
throughout the
country on the*

Access Free The
Silent Passage
Menopause

*subject. In this
revised and
expanded edition,
she presents
essential new data
that will enable
women to custom
design their own
hormone
replacement regime.
Candid,
enlightening,*

Access Free The
Silent Passage
Menopause

*inspiring, and witty,
with the latest
information on
everything from
early menopause to
Chinese medicine
and natural
remedies, The Silent
Passage is an
indispensable
reference for every
woman."--BOOK*

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Summary field

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Since the Women's

Health Initiative

report of 2002, there

has been reluctance

to provide women

with hormone

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Menopause

replacement therapy due to a lack of clarity about the potential risks. This book reviews all aspects of the menopause and places the benefits and risks of hormone therapy into perspective. It fully informs the reader

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Menopause

*regarding the
evidence base of all
aspects of
menopause medicine
and can be used
either as a reference
book to solve
specific problems, or
as a book to be read
cover-to-cover. It
will provide the
reader with the*

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Silent Passage
Menopause

*latest information
and as a result
encourage
confidence in
managing
menopause related
problems. This
practical, evidence-
based guide is
suitable for all
health professionals
managing the*

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Menopause
menopause

*including
gynaecologists,
sexual and
reproductive
medicine specialists,
general practitioners
and trainees in any
of the above
specialties.*

*Arguing that giving
estrogen*

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Menopause

*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*

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Menopause

*osteoporosis and
weight gain.*

*It's time to change
the global
menopause
conversation. Let's
stop talking just in
terms of the
stereotyped sweaty,
hot-flush
beleaguered female,
the infertile crone or*

Access Free The
Silent Passage
Menopause

*the wise woman –
the reality of the
menopause
experience is so
diverse and deserves
to be heard. M-
Boldered:
Menopause
Conversations We
All Need to Have is
a book about
menopause unlike*

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Silent Passage
Menopause

any other. Its

contributors,

speaking from many

different walks of

life, open up the

conversation in new

and profound ways

for people across the

globe. Recognising

menopause as a

human rights issue

that affects everyone

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Menopause

everywhere, these 21 chapters cover an astounding range of perspectives, from harrowing experiences of surgical menopause, the impact on relationships and hormonal realities of transitioning, to revelations of

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Silent Passage
Menopause

*shocking neglect in
the UK criminal
justice system and
compelling chapters
on menopause as a
time of activism,
rage, reawakening,
transformation and
realising your own
power. The honesty,
intimacy and passion
shared in these*

Access Free The
Silent Passage
Menopause

*pages will make you
see menopause in a
whole new light.*

*Each chapter shapes
a much-needed*

courageous

conversation about

how we can and

should view

menopause and

midlife. Read on to

be part of the new

Access Free The
Silent Passage
Menopause
conversation.

*Reinterpreting
Menopause brings
together a number of
reflections from a
broad range of areas
including feminism,
cultural studies,
clinical medicine,
sociology,
philosophy and
political science and*

Access Free The
Silent Passage
Menopause

*includes the voices
and experiences of
menopausal women
themselves. In an
innovative series of
essays, current
thinking about
medicine, society
and the body is
critically examined.
Particular attention
is given to the*

Access Free The
Silent Passage
Menopause
medical

*representations of
menopause, biology
and aging, the
history of medical
approaches to
women and the
tensions between bio-
medical models and
other explanations of
menopause.*

Contributors

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Access Free The
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Menopause

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and Robyn Gardner.

New Passages

How to Manage

Access Free The
Silent Passage
Menopause

Your Man's

Menopause Without

Committing

Manslaughter

In Her Own Time

What Women Really

Want to Know

Flash Count Diary

The Silent Meow

Predictable Crises of

Adult Life

Looks at

Access Free The Silent Passage Menopause

menopause,
discussing the
disquieting
approach the
medical
community takes
to it and
offering
commentary by
some of today's
most notable
post-menopausal
women

The 5

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Transformative
Stages of
Relationships
and Why the Best
Is Still to Come
Mapping Your
Life Across Time
Passages in
Caregiving:
Essential
Strategies for
Caring for a
Loved One
Physically,

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Emotionally, and
Sexually
Living with
Changing Health
Women and
Developmental
Issues in
Pastoral Care
Pursuing the
Passionate Life