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how these changes can be wonderfully life-affirming. Instead of dreading menopause as a time of loss, women will hear the real message their bodies are sending -- that this is a time of personal empowerment and positive energy ... and a time for women to break free and thrive.

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The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change. by. Christiane Northrup. 4.09 · Rating details · 1,669 ratings · 191 reviews. Through her bestselling books, groundbreaking PBS specials, and up-to-the-minute clinical knowledge, Dr. Christiane Northrup has earned a place as one of America's most trusted medical advisors.

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The Wisdom of Menopause: Creating Physical and Emotional ...

November 4, 2019. Menopause. Research into the physiological changes taking place in perimenopausal woman is revealing that, in addition to the hormonal shift that means an end to childbearing, our bodies—and, specifically, our nervous systems—are being, quite literally, rewired. There is much, much more to this midlife transformation than “raging hormones.”.

The Wisdom of Menopause | Christiane Northrup, M.D.

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The Wisdom of Menopause (Revised Edition) : Creating ...

The best-selling author of *Women's Bodies, Women's Wisdom* offers an unconventional, updated mind-body approach to women's health after menopause that discusses the impact of hormonal changes, the myths and realities of menopause, and ways to prevent long-term health problems, including heart disease, memory loss, and cancer.

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The Wisdom of Menopause "...One menopause book does

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rise...above the rest. Now celebrating its 10th anniversary, [The Wisdom of Menopause] is the bible of middle-aged womanhood."--Sandra Tsing Loh, The Atlantic " The Wisdom of Menopause offers an honest look at the menopausal transition.

The Wisdom of Menopause (Revised Edition) : Creating ...

Book Overview The best-selling author of Women's Bodies, Women's Wisdom offers an unconventional, updated mind-body approach to women's health after menopause that discusses the impact of hormonal changes, the myths and realities of menopause, and ways to prevent long-term health problems, including heart disease, memory loss, and cancer.

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