

Staying Sane When Going Through The Menopause True Stories And Practical Advice For Weathering Hot Flashes Avoiding Weight Gain And Staying Sexy When The Change Begins

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[The Change Before the Change](#) Laura Corio 2013-05-22 The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precede menopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!

Between Two Kingdoms Suleika Jaouad 2022-03-01 NEW YORK TIMES BESTSELLER • A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission to re-entry into "normal" life—from the author of the Life, Interrupted column in The New York Times ONE OF THE BEST BOOKS OF THE YEAR: The New York Times Book Review, The Washington Post, Bloomberg, The Rumpus, She Reads, Library Journal, Booklist • "I was immersed for the whole ride and would follow Jaouad anywhere. . . . Her writing restores the moon, lights the way as we learn to endure the unknown."—Chanel Miller, The New York Times Book Review "Beautifully crafted . . . affecting . . . a transformative read . . . Jaouad's insights about the self, connectedness, uncertainty and time speak to all of us."—The Washington Post In the summer after graduating from college, Suleika Jaouad was preparing, as they say in commencement speeches, to enter "the real world." She had fallen in love and moved to Paris to pursue her dream of becoming a war correspondent. The real world she found, however, would take her into a very different kind of conflict zone. It started with an itch—first on her feet, then up her legs, like a thousand invisible mosquito bites. Next came the exhaustion, and the six-hour naps that only deepened her fatigue. Then a trip to the doctor and, a few weeks shy of her twenty-third birthday, a diagnosis: leukemia, with a 35 percent chance of survival. Just like that, the life she had imagined for herself had gone up in flames. By the time Jaouad flew home to New York, she had lost her job, her apartment, and her independence. She would spend much of the next four years in a hospital bed, fighting for her life and chronicling the saga in a column for The New York Times. When Jaouad finally walked out of the cancer ward—after countless rounds of chemo, a clinical trial, and a bone marrow transplant—she was, according to the doctors, cured. But as she would soon learn, a cure is not where the work of healing ends; it's where it begins. She had spent the past 1,500 days in desperate pursuit of one goal—to survive. And

now that she'd done so, she realized that she had no idea how to live. How would she reenter the world and live again? How could she reclaim what had been lost? Jaouad embarked—with her new best friend, Oscar, a scruffy terrier mutt—on a 100-day, 15,000-mile road trip across the country. She set out to meet some of the strangers who had written to her during her years in the hospital: a teenage girl in Florida also recovering from cancer; a teacher in California grieving the death of her son; a death-row inmate in Texas who'd spent his own years confined to a room. What she learned on this trip is that the divide between sick and well is porous, that the vast majority of us will travel back and forth between these realms throughout our lives. *Between Two Kingdoms* is a profound chronicle of survivorship and a fierce, tender, and inspiring exploration of what it means to begin again.

Cultural Studies PAULA A AUTOR TREICHLER 1992 The most ambitious and broadly international collection on cultural studies ever published, this book is destined to shape research and teaching through the 1990s and beyond. It arrives at a time of high visibility for cultural studies but a time as well when cultural studies' long oppositional history is in danger--particularly in the United States-- of being taken up and assimilated into the ongoing, apolitical, academic enterprise. In an effort to disrupt this process, *Cultural Studies* interrogates the contemporary commitments of the field: its historical and intellectual positions, political and scholarly preoccupations, and the kinds of interventions it aims for now and in the future. Featuring essays by such prominent cultural theorists as Tony Bennett, Homi Bhaba, Donna Haraway, bell hooks, Constance Penley, Janice Radway, Andrew Ross, and Cornel West, *Cultural Studies* offers numerous specific cultural analyses while simultaneously defining and debating the common body of assumptions, questions, and concerns that have helped create the field. The topics addressed include race and minority discourses; ethnicity and postcolonialism; postmodernism; feminism; cultural policy; the place of history in cultural studies; the politics of representation; popular culture; aesthetics; ethics; and technology. At the same time *Cultural Studies* explores the cultural work performed by such diverse forms of cultural production as rock music, Chicano art, detective novels, African-American writing, the AIDS epidemic, architecture, reproductive freedom, *sati* Star Trek fandom, and New Age technology. Numerous contributors interrogate their own theoretical and methodological commitments, examining the place of representation, narrative, identity, language, and textual criticism in their work. -- Publisher description.

Blacks Crackle Penny Lapenna 2016-02-18 If you could look at people and see the evil within them, would you live your life differently? Would you become more careless or more discerning? Her father is deteriorating after a stroke, but her husband is home alone, unemployed and disabled, so it might seem callous timing for Carly to take a trip to the Spanish mountain village of her childhood. However, it was here that she first encountered the Dark: an evil spirit that manifested in her friends and family, and which seems to have dogged her life ever since. Logically, these visions of black intent cannot be real, so retaliating with quotes from the Wicked Queen in *Sleeping Beauty* can't make the situation any worse. Her sister seems oblivious to the battle she has waged to keep her loved ones intact, and her father isn't best pleased when she employs fraud, deception and scandalous behaviour to keep the shadowy presence at bay. But each time she thinks she has gained the upper hand, another person falls victim to a series of disturbing accidents. She needs to unravel the real reason behind this fiend's appearance. But will she be able to face up to her weakness for delinquent behaviour and refute the Dark's hold on her?

Staying Sane Raj Persaud 2011-11-30 How often do we hear ourselves say, 'I can't cope', 'I'm going mad', 'I'm losing my mind'? Despite the wall-to-wall advice on offer to us today, how often do we struggle to maintain a healthy mental attitude in the face of seemingly endless pressure? Now, in this groundbreaking work, the eminent psychiatrist and broadcaster, Dr Raj Persaud, confronts crucial issues - such as emotional intelligence and the meaning of happiness - and offers proven strategies for achieving and maintaining a healthy, positive mental attitude, regardless of the stresses and strains of daily life. Packed with case histories, questionnaires and fascinating scientific research, this is an invaluable, twenty-first century survival handbook - the ultimate self-help guide to staying sane. 'He is the most eminent psychiatrist of the age...the guru of common sense' Spectator 'He can do what most consultants can't - translate med speak into plain English' Dr Phil Hammond, Independent

How to Have a Baby and Stay Sane Virginia Ironside 1996 *How to Have a Baby and Stay Sane* is that book - the perfect antidote to every baby book you've ever read, dealing with pregnancy, birth, hospital, feeding, working and generally coping... in a sensitive and sometimes outrageously funny way. This entertaining and common-sense book is the perfect gift for all mothers who are determined to do right by their babies but are desperately anxious they are getting it all wrong.

Mothers and Daughters Joan Sauers 2013-04-01 A warm, witty and wise gift for mothers and daughters. Joan Sauers, bestselling author of *Ageing Disgracefully* and mother of a teenage daughter, gives us her warm, witty and wise take on the whole mother-daughter bond. With more than 300 indispensable tips, gentle advice, pithy observations and poignant moments in an attractive gift format, this book will appeal to women of all ages and stages of life. From reminders to remember you love her even when you want to MURDER her, to feisty suggestions on age-appropriate dress (it's okay to borrow your teenager's top, but NOT her miniskirt!) and reflections on how we feel when our mums age, this book will be light, bright and fun, yet always tender.

Sure to bring a tear to the eye of mums (and daughters) everywhere.

Menopause on the Mountain Norma Burdette 2019-04-30 When the Ozarks became our new home, I never expected the volume of changes we would endure. The daily challenges of the hollar, the critters and the hot flashes. One thing is certain, sharing my crazy is keeping me sane.

Staying Sane When You're Going Through Menopause Pam Brodowsky 2009-03-25 They took away hormone replacement therapy and now hot flashes are back with a vengeance. What's a menopausal gal to do? If you're tired of fanning yourself in meetings or in line at the grocery store, cool your heels and take pleasure in these stories that provide inspiration and humor from those who have gone to the front lines of the battle--and survived. Here's how other savvy, sexy women have tamed the mid-life demons and stayed lean, even keeled, and in charge of "the change"!

The Menopause Switch Carissa Alinat 2020-07-08 The Menopause Switch was inspired by the successful protocol developed by the author in her private practice to help menopausal women manage their symptoms naturally. If your body has stopped responding to diets and exercise during midlife and everybody is telling you that "it's normal," this easy-to-read book will show you how you can simply flip the switch to finally live a normal life again, reducing hot flashes, weight gain, insomnia, and the end of intimacy. Menopause is an unavoidable, natural phase of life which comes with its share of confusion. However, menopausal changes don't have to be dreaded. In *The Menopause Switch*, Dr. Carissa Alinat offers science-based facts that she translates into easy-to-follow, natural and actionable tips so that any woman suffering from menopause can easily regain the vitality and body of her youth. In stirring away from unproven silliness, the author focuses on real, effective, and natural solutions. Written with authority and her humorous demeanor, Dr. Carissa provides an outstanding tool to transitioning to a new and exciting phase. She details what happens, why it happens, and reveals the exact blueprint to living a more normal life, making *The Menopause Switch* a trusted step-by-step guide to treat yourself the way Mother Nature intended: Naturally. In *The Menopause Switch* you are about to find out: * What hormones are and do, explained in a clear and concise language that is actually entertaining.* What happens when your hormones go awry. * The exact blueprint to bring yourself back into balance.* How to address the root causes of your menopause problems, without relying on medication that often camouflages them. * What changes you can make before menopause to make menopause more manageable once it occurs. * What the "stress hormone" is and how it sabotages your chances to losing weight.* How to practice self love and stress reduction.* Why fat seems to gravitate around your waistline once you reach a certain age, and what exactly you can do about it.* The secret to effective weight loss after age 35.* Exactly what foods you should absolutely stay away from, and why you should never buy low-fat foods.* How to get "in the mood for love" again, and eliminate vaginal dryness, pain during sex, and increase your sex drive and ability to reach orgasms. * Which natural supplements you can take to regain your vitality after menopause. * How to get rid of "sleep vampires" and wake refreshed.* How to regain a youthful skin and soften age spots and acne that sometimes reappear during menopause. * What causes brittle nails and thinning hair, and what exactly you can actually do about it. * What 7 switches you can easily flip to regain sanity, and manage or eliminate your menopause symptoms.* and much more... * Also includes 27 delicious, quick, and easy-to-make recipes engineered by award-winning cookbook author Chef Gui Alinat, CEC You are probably looking for real solutions to such terrible annoyances as hot flashes, mood swings, weight gain, vaginal dryness, sleep issues, night sweats, lack of mental clarity, loss of breast fullness, thinning hair and dry skin... If so, you are not alone. In her private practice, Dr. Carissa helps dozens helps women every week regain their sanity. Better yet, she inspires and empowers women to disrupt aging and live their best life past midlife. So if you are a woman on suffering from menopause, or if you are dreading that upcoming and unavoidable stage in your life, or even if you are a man interested in knowing what the woman in your life is going through, then scroll up, click the "Buy now" button, and begin your journey to wellness.

Prime Time Marilyn Hughes Gaston 2003 Describes preventable, chronic diseases from which black women suffer, including diabetes, heart disease, and cancer, and offers self-tests, health information, and encouragement to help women achieve long-lasting health.

The Change Germaine Greer 2018-08-14 An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a 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 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 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 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 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 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 *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

Flash Count Diary Darcey Steinke 2019-06-18 "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, 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. 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 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 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 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. 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 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 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 years.

The Everything Menopause Book Ramona Slupik 2003 A comprehensive resource furnishes the most current research and professional advice on menopause, providing a wealth of information on such topics as hormone therapy and coping with various emotions, that will help women undergoing this lifechanging transition remain happy and healthy.

The Menopause Makeover Staness Jonekos 2012-04-01 You can feel like yourself again Hot flashes and sleepless nights? Feeling anxious and irritable? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Based on the latest scientific research, and designed for both pre- and post-menopausal women, *The Menopause Makeover* is a proven, eight-step program to help you reclaim your health—and your life. – Evaluate if hormone therapy is right for you. – Beat belly bulge with *The Menopause Makeover* food pyramid and recipes. – Tone up and trim down with *The Menopause Makeover* fitness formula. – Boost your libido and learn to love intimacy again. – Regain your vibrant, youthful glow with essential beauty tips. – Manage stress and get off the mood-swing roller coaster. – Stay motivated with self-assessments and tools to track your progress.

10 Secrets to Living Smart, Savvy, and Strong Pam Farrel 2011 Reveals ten secrets to thriving as a woman in middle-age, including trusting God with life-impacting decisions, attaining peace with life changes, and choosing joy regardless of the obstacles in one's life.

The Wisdom of Menopause Christiane Northrup, M.D. 2012-01-03 Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million 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 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 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 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 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 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 empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

STILL HOT! Kaye Adams 2020-10-15 Every menopause has its own story. It's time we told them . . . The menopause. What even is it? One big theme unites *Still Hot!*'s 42 stories - that, somehow, the world doesn't ready us for this. The menopause - let alone the perimenopause - simply isn't talked about; instead, it's reduced to a comic hot flush. More and more of us are proudly stepping free of the menopausal closet, but the Big M is still a conversation whispered below the radar. No one tells you it will be like this. No one prepares you

for it. That silence is lifting, slowly. So let's be bold, let's overshare. Let's find solidarity among Still Hot!'s myriad voices - wise, rebellious, measured, fierce, upfront - telling how the menopause is not just one story, but many. Telling, in fact, that this is not the menopause, it is YOUR menopause. FEATURING Sahira Ahmad Belcher Yasmin Alibhai-Brown Shalini Bhalla-Lucas Sharon Blackie Erica Clarkson Marie Louise Cochrane Bunny Cook Tracey Cox Jody Day Paulette Edwards Felicity Everett Helen FitzGerald India Gary-Martin Tania Glyde Julie Graham Angie Greaves Shahzadi Harper Michelle Heaton Yvonne John Lorraine Kelly Jane Lewis Pinky Lilani Andrea Macfarlane Danusia Malina-Derben Nimmy March Alison Martin-Campbell Pippa Marriott Val McDermid Sharmila Mehta Louise Minchin Louise Newson Susie Orbach Penny Pepper Miranda Sawyer Carol Smillie Anthea Turner Melissa Wall Kirsty Wark Sayeeda Warsi Denise Welch Trinny Woodall Xinran Xue "There's a menopause club. Once you've been through it, you go, That's it, I can do anything now." KIRSTY WARK "Once we stop bleeding, once we stop having children, once we go through the menopause, it's not over. In fact, it can be a very empowering time." JULIE GRAHAM "We mustn't be scared of the menopause . . . I always say, Don't suffer in silence. Get help. There is help out there. There is understanding." LORRAINE KELLY "Many women, when they go through menopause, happen to be going through things in their life anyway. You wonder, does one galvanise the other?" TRINNY WOODALL "There is no one-size-fits-all for menopause." DENISE WELCH "It's not THE menopause. It's YOUR menopause." KAYE ADAMS

American Book Publishing Record 2006

Staying Sane When You're Going Through Menopause Pam Brodowsky 2009-03-25 They took away hormone replacement therapy and now hot flashes are back with a vengeance. What's a menopausal gal to do? If you're tired of fanning yourself in meetings or in line at the grocery store, cool your heels and take pleasure in these stories that provide inspiration and humor from those who have gone to the front lines of the battle--and survived. Here's how other savvy, sexy women have tamed the mid-life demons and stayed lean, even keeled, and in charge of "the change"!

Living the Raw Live Vegan Lifestyle Susan Rubarth 2012-03-20 Return from the abyss! Navigate your way from the depths of uncertainty in health - through the maze of crazed food labels, fad diets, and fake food products - towards living vibrantly, full of energy and eating real food. Today's busy people have turned to ready-made, processed, chemically laden "healthy" alternatives in the name of convenience and succumb to a litany of conditions: weight gain, lethargy, hormonal imbalance, arthritis, diabetes, high blood pressure and high cholesterol. These devastating conditions are commonly excused as "part of the normal passage of aging" Learn the truth in Living The Raw Live Vegan Lifestyle, a medically proven system committed to creating true health from the inside out. Supported by extensive research, this simplistic process for achieving optimal health provides you with the knowledge to be your own health advocate. aYou become a well-informed participant regarding your future health. aThe goal of this book is to educate healthy-minded persons of a proven path to achieving your own goals. aThe success of myself and my husband has been astounding and far surpasses what we thought achievable. Discover it for yourself!

Lose Your Menopause Belly Shawna Kaminski 2017-04-24 Inside the pages of this book, you'll soon discover that your menopausal symptoms can be related to other issues that you can actually control. In doing so, you can relieve yourself of much of your suffering. You can lose your menopause belly, lose the fat and get your sexy back, even after the age of 40.

New Books on Women, Gender and Feminism 2008

Cover Me Stephanie Bond 2020-02-11 You can't judge a girl by her cover... I work for a NYC magazine, so you'd think my life would be fascinating, right? Notsomuch... until my girlfriends dared me to have a one-night-stand to celebrate my birthday to, um... use a naughty gift they gave me. Hunky outdoorsman Sam Somebody from the bar was happy to oblige, and friend, it was a night to remember. I thought I'd never see him again, so imagine my surprise when he was the guest of my next morning editorial meeting--as the cover story. Can you say awkward? (Here's where things get really weird.) When my boss became convinced our magazine had fallen under a "cover curse," she sent me to Nowheresville, USA to man-sit Sam under the cover of a writing assignment. I'm trying to keep a professional distance, but he's wearing me down. And since I've never been outside the city, my unmatched clumsiness might put Sam in more danger than anything else... meanwhile, I'm the one in real danger--of losing my heart. Ack! From the bestselling author of STOP THE WEDDING! (now a Hallmark Channel movie), COVER ME is a sexy romantic comedy that will make you laugh out loud!

Hot and Bothered Judith A HOUCK 2009-06-30 How did menopause change from being a natural (and often welcome) end to a woman's childbearing years to a deficiency disease in need of medical and pharmacological intervention? By examining the history of menopause over the course of the twentieth century, Houck shows how the experience and representation of menopause has been profoundly influenced by biomedical developments and by changing roles for women and the changing definition of womanhood.

The British National Bibliography Arthur James Wells 2007

New Books on Women and Feminism 2008

Fists Pietro Grossi 2012-09-25 'Fists', 'Horses' and 'The Monkey': three powerful coming-of-age stories about boys confronting reality, and fighting to stay alive in a man's world. In 'Fists', a teenage amateur boxer steps into the ring for the first time, and finds himself in a face-off with Life in all its muscular force; in 'Horses', two

brothers embark on their first forays into adulthood, each learning to play a man's game in his own painful way; and in 'The Monkey', a young man realizes that in order to stay sane and survive in this world, we have to sacrifice our childhood dreams. Told in a spare and powerful voice reminiscent of Hemingway and Salinger, Grossi's stories explore the rite of passage each of us faces in our youth – and what it means to be a man in our time.

The Lakes in My Head Lesli Chinnock Anderson 2017-04-11 At forty-five years old, Lesli had earned a bachelor of science in the biological sciences, worked for nearly twenty years in a variety of medical jobs, and was halfway to completing a second degree when she was diagnosed with decompensated hydrocephalus. Hydro what? Is that contagious? If it's not cancer, what is it? More importantly, will she be able to continue caring for her family, both human and animal, while learning how to care for herself? Unsure of her future, she relies on her faith in a loving God, who guides her into a new and rewarding life using the skills and talents she'd had all along.

The Menopause Makeover Staness Jonekos 2010-02-01 Hot flashes and sleepless nights? Feeling anxious and irritable? Feel like you're losing your mind? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Staness Jonekos knows all too well how you feel. Leading up to her wedding day at the age of forty-seven, she was sporting a not-so-sexy belly bulge, suffering from hot flashes and feeling in no mood for a honeymoon. Jonekos took drastic action and created the first-ever menopause makeover to get back into that little white dress and feel sexy again in just twelve weeks. Now she joins forces with leading menopause expert Dr. Wendy Klein to give you the relief you need, fast! Based on the latest scientific research, and designed for both pre- and post-menopausal women, The Menopause Makeover is a proven, eight-step program to help you reclaim your health—and your life. • Evaluate if hormone therapy is right for you • Beat belly bulge with The Menopause Makeover food pyramid and recipes • Tone up and trim down with The Menopause Makeover fitness formula • Boost your libido and learn to love intimacy again • Regain your vibrant, youthful glow with essential beauty tips • Manage stress and get off the mood-swing roller coaster • Stay motivated with self-assessments and tools to track your progress

Journey to the Well Vashti M. McKenzie 2003-04-29 In the tradition of empowering spiritual writers such as Ilanya Vanzant, Bishop Vashti McKenzie offers women a Christian path to personal transformation. A groundbreaking preacher who, in 2000, became the first woman to serve as bishop in the African Methodist Episcopal Church, Bishop McKenzie is renowned for her eloquence and passion in the pulpit. Now she brings her inspirational message to readers through the biblical story of the meeting at the well between Jesus and the Samaritan woman. In twelve lessons, McKenzie interweaves the Samaritan woman's experiences with contemporary personal stories, Bible quotations, life-affirming sayings, and meditational activities. Through them she shows women that if they hold onto hope and listen for their moments of epiphany, they can accomplish anything.

Don't Build a House When You're Going Through Menopause Jessica Bryan 2014-06-29 A humorous look at life through the eyes of author, Jessica Bryan who decided to keep a journal in the mid-nineties to record some of the experiences of building a house while trying to cope with the myriad life-events of aging parents, angry cats, faulty plumbing, power outages, visitors, house-guests, hurricanes, spiders, business trips, workmen, warranties, and other assorted things that continue to require attention even though the author is having hot-flashes!

Menopocalypse Amanda Thebe 2020-10-20 "Perimenopause and menopause can be very difficult times for women, both physically and emotionally. This book empower[s] women with information and advice." —Dr. Louise Newson, GP and menopause specialist, developer of My Menopause Doctor Discover new, effective remedies for menopause and perimenopause symptoms (migraines, hot flashes, mood swings, and more) in this powerful book, written by a fitness expert who experiences many—and shares her secret to thriving in good health. Includes a Bonus Training Guide with Strength Workouts for Women Over 40 At a time when menopause has become an urgent, necessary topic of public discussion, with the likes of Michelle Obama revealing their struggles for the first time on the internet, personal trainer Amanda Thebe shares the roadmap she uses to thrive during perimenopause and menopause in Menopocalypse. With funny, bold, and big-hearted writing that will be familiar to readers of Glennon Doyle, Amanda Thebe shares her menopause journey and what she learned along the way. Readers will come away from the book with: A better understanding of your own hormones and how they factor in menopause and your overall health; Confidence to speak your truth about your menopause symptoms to your doctor, other health professionals, your family, and friends; Advice for achieving optimal health during perimenopause and menopause by changing your diet, fitness routine, and more lifestyle factors. Amanda Thebe was working as a personal trainer and fitness coach when, at age 43, she began to experience debilitating exhaustion, dizziness, and depression. At the time, Thebe didn't know it was all related to her hormones. The busy mother of two, who was used to climbing mountains and traveling the world, only knew she struggled to get out of bed. After several failed doctor's appointments, Thebe saw her gynaecologist, who finally named the source of her struggles: perimenopause, the period of 5-10 years before menopause, when a woman's fluctuating estrogen levels put her at risk of depression, anxiety, headaches, and more ailments related to female hormone health. Empowered by information, Thebe began her journey back to

her former self, overhauling her approach to diet and exercise. In *Menopocalypse*, she explains how to deal with migraines, hot flashes, weight gain, exhaustion, poor sleep, vaginal dryness, and mood swings—offering tips that have worked for her and others. She shares information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the exercises, so you can feel empowered, fit, and ready to tackle the day. Menopause isn't fun, sexy, or cool, and a woman might spend one-third of her life in it—but that doesn't mean women should suffer in silence without support. Let the outspoken and honest Amanda Thebe be your guide to surviving—and thriving—during menopocalypse.

The Panic Years Nell Frizzell 2022 Raw, hilarious and disarmingly honest, *The Panic Years* by renowned journalist Nell Frizzell, is an arm around the shoulder for every woman trying to navigate life's big decisions against the backdrop of the mother of all questions: should I have a baby? 'Every millennial woman should have it on her bookshelf.' Pandora Sykes 'As informative as it is poetic' Dolly Alderton *The Panic Years*: something between adolescence and menopause, a personal crisis, a transformation. The panic years can hit at any time but they are most commonly triggered somewhere between the ages of twenty-five and forty. During this time, every decision a woman makes - from postcode to partner, friends to family, work to weekends - will be impacted by the urgency of the one decision with a deadline, the one decision that is impossible to take back: whether or not to have a baby. But how to stay sane in such a maddening time? How to understand who you are and what you might want from life? How to know if you're making the right decisions? Raw, hilarious and beguilingly honest, Nell Frizzell's account of her panic years is both an arm around the shoulder and a campaign to start a conversation. This affects us all - women, men, mothers, children, partners, friends, colleagues - so it's time we started talking about it with a little more candour.

Nutrition Brought to Life Kirsten Chick 2020-05-20 This complete guide to nutrition cuts through the confusion, and brings the science and research to life. At the same time, each chapter provides opportunities to reflect, explore new ways of eating and thinking about food, and try new recipes. So rather than imposing strict rules that may only work for a few people, it helps you to find your way - with clear guidance and a myriad of useful tips and support. Nutrition is not just about what food to put on your plate, but how well you digest, absorb and use it. It's also about how food makes you feel, physically, mentally and emotionally. Kirsten takes you through every step of the process, and explains how diet impacts every aspect of your health and well-being. Learn how to: -Use proteins, carbohydrates, fats and other nutrients to your advantage, with an in-depth understanding of what they do and how to eat them -Improve digestion and your relationship with food -Increase energy and vitality -Reduce inflammation and boost your immune system -Nourish your microbiome (including gut bacteria) -Support your gut-brain-adrenal triangle -Cook 50 new recipes -Support your detoxification processes All the things that help stave off chronic illness and unhappiness, and keep you enjoying life for longer. The number one resource for anyone who wants to support their health through nutrition, as well as a complete handbook for nutrition students and health practitioners.

MENOPAUSE MONDAYS Ellen Dolgen 2015-05-01 For Ellen Dolgen, menopause education is a mission. Spurred by her own experience struggling with the symptoms of menopause, Dolgen has devoted the last ten years of her life to helping other women during this often difficult time. While she's not a doctor or scientist, she's "talked the talk" with countless menopause experts, so that she can "walk the menopause walk" with you and share the keys to this menopause kingdom. Together with her son, Jack, she created this new, comprehensive guide to all things menopause—the symptoms, the treatments, the long-range effects on a woman's health. Dolgen shares the expertise of numerous specialists to replace confusion and embarrassment with medically sound solutions, presented in an entertaining and informative way. You'll find detailed descriptions and treatments for the symptoms you or your loved one may experience, from hot flashes and mood swings to mental foggy and loss of libido, and lots more in between. In addition to sharing the latest research and proven treatments, Dolgen offers guidance to finding a menopause specialist who's right for you, and she provides a clear explanation of what tests to ask for. You'll also learn about the latest studies on hormone replacement as well as alternative therapies and remedies. Finally, Dolgen shares the real-life experiences of women—and those who love them—as they traverse the crazy ups and downs of perimenopause and menopause. Her motto is: Suffering in silence is OUT! Reaching out is IN!

The Juicy Tomatoes Guide to Ripe Living After 50 Susan Swartz 2006 From the writer who coined the phrase "bad hair day" comes a well-written, funny and feisty new book, a celebration of dynamic women over 50. An upscale Red Hat Society, *The Juicy Tomatoes Guide to Ripe Living after 50* artfully blends narrative and affirmation with practical advice on how to make the most of these exciting years. Readers will find warm and frank discussions on topics like career changes, health, sexuality, friendships and risk-taking at midlife. Throughout, the voices of women in private life join with those of celebrities like Jane Fonda, Isabel Allende and Judy Collins to explore being lush and being ripe-being a juicy tomato.

Welcoming All That We Are Billie Rogers 2022-02-15 When women come together, unique and powerful magic happens. We gather to tell the truth about our lives, to be authentic with one another, to sing, to vision, to drum, to dance, to make art, to organize, to cry, to recover and heal, to raise our voices, to make good trouble, to solve problems, to innovate, to lead, to mourn, to weave a blanket or build a new world. For millennia

women have gathered in circles, in council and boardrooms, around cook pots and quilts, as royals and as slaves, in public and in secret, around fires and funeral pyres, during menses and menopause, as maidens, mothers, and elders, in PTAs and carpools, at churches and synagogues, temples and shrines, mosques and kivas, among standing stones, and in meadows. Everywhere women are, they find a way to gather. Why is it important for women to come together? In a world where women's voices have too often been silenced, diminished, invalidated, punished, ridiculed, and more, we need places where we can be ourselves without editing, and without fear of retribution. In societies and communities where women are honored and elevated, we still need places to gain inspiration and courage, where we can be genuine and welcomed for ALL that we are. We need spaces where women's ways of inner knowing and intuition are valued, where we can experiment with creative spiritual and secular practices, where we can share our mistakes and victories and learn from each other's life experiences. It can be difficult for women in today's world to find the natural opportunities to gather that were built in for previous generations. Fewer women attend organized religious services, more women work outside of the home, and families and often friends live in different cities. The sheer volume of activity and information overload that make up many modern women's lives means that spending dedicated meaningful time with other women can require that we formally set aside time for a women's group.

Shobhaa at Sixty Shobhaa Dé 2010-09-01 Shobhaa Dé is known to live life by her own rules. Declaring sixty 'the new forty', she shares some of her most intimate secrets that are valuable at any age. From beauty tips, dealing with anxiety and ageing to spiritual quests and seeking solace and tranquility, Shobhaa wants you to have a joyous and fulfilling existence. In *Shobhaa at Sixty*, she helps the reader rejuvenate their life, giving wise, honest, and practical advice on how to cope with the daily challenges and stresses we face in today's fast-paced world. She shares her own experiences from her life spanning six decades, claiming the inspiration for penning this book was, in her own words, 'to free people from the cage of age'. Whether it's flagging levels of confidence or diminishing stamina, Shobhaa with her trademark wit and insight provides the perfect antidote. Laying great emphasis on family values and ties, she stresses on making each passing decade more meaningful and enriching while taking the time to enjoy the small pleasures of life. Leading by example, Shobhaa shows us just how much we have to look forward to, no matter what our age!

Being BRAVE(TM) Cindy Benning 2022-08-19 Do others think you have it all together, while inside you are struggling with the feeling that you will never be good enough? Perhaps you are thriving in some areas but really struggling in others. Do you wonder how it is possible to do so well in one aspect of life but be on a fail loop in another? While our professional and personal lives on the surface may seem separate, the emotions and negative thoughts borne of our life's experiences and past programming may be calling the shots in both domains, preventing us from unlocking our full potential as leaders—and as human beings. *Being BRAVE: A Journey of Self-Discovery into Leadership* will help you discover your authentic values and show you how to live them by separating your ego from your true self. You will learn how to recognize the thoughts behind your emotions and determine what is true and what is not. You will learn how to break through the barriers holding you back from being the truest version of yourself and a leader who acts from a place of "being." Through personal memoir, the author shares her personal and professional experiences over her thirty-year career and the twists and turns of her own journey of self-discovery that led to her developing the BRAVE™ leadership model. By applying the five core principles of BRAVE™ leadership, you can become the type of leader this world needs: one who is benevolent, respectful, authentic, vulnerable, emotionally conscious—and truly, wholly you.

staying-sane-when-going-through-the-menopause-true-stories-and-practical-advice-for-weathering-hot-flashes-avoiding-weight-gain-and-staying-sexy-when-the-change-begins

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