

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

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Making Sense of Menopause - Faye Kitchener Cone 1993-10-25

A personal and candid look at the "change of life" which combines the most up-to-date medical information with the real-life experiences of dozens of women. Common problems and treatments, including the risks and benefits of hormone replacement therapy and other remedies, are discussed in detail.

The Menopause Manifesto - Dr. Jen Gunter 2021-05-25

An Instant New York Times, Washington Post, USA Today, San Francisco Chronicle, and Publishers Weekly Bestseller! A Next Avenue Influencer in Aging 2021 #1 Canadian Bestseller Just as she did in her groundbreaking bestseller *The Vagina Bible*, Dr. Jen Gunter, the internet's most fearless advocate for women's health, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice. "I feel more equipped to care for my patients, challenge the patriarchy, and empower & educate thanks to her work and advocacy." —Dr. Danielle Jones (Mama Doctor Jones) "An exhilarating read and a comprehensive review of all things menopause." —North American Menopause Society "Gynecologist Gunter (*The Vagina Bible*) helps women navigate the ins and outs of menopause in this delightfully conversational and strongly feminist guide. Readers looking to separate menopausal fact from fiction should take note." —Publishers Weekly "Gunter mixes sound medical information with a bit of humor and a lot of candor...[this] frank and expert guide provides an informative and reassuring look at a long, often baffling and infuriating phase of life." —Booklist The only thing predictable about menopause is its unpredictability. Factor in widespread misinformation, a lack of research, and the culture of shame around women's bodies, and it's no wonder women are unsure what to expect during the menopause transition and beyond. Menopause is not a disease—it's a planned change, like puberty. And just like puberty, we should be educated on what's to come years in advance, rather than the current practice of leaving people on their own with bothersome symptoms and too much conflicting information. Knowing what is happening, why, and what to do about it is both empowering and reassuring. Frank and funny, Dr. Jen debunks misogynistic attitudes and challenges the over-mystification of menopause to reveal everything you really need to know about: *Perimenopause * Hot flashes * Sleep disruption * Sex and libido * Depression and mood changes * Skin and hair issues * Outdated therapies * Breast health * Weight and muscle mass * Health maintenance screening * And much more! Filled with practical, reassuring information, this essential guide will revolutionize how women experience menopause—including how their lives can be even better for it! "Read this book immediately." —New York Times bestseller Ayelet Waldman, author of *A Really Good Day* and *Love & Treasure* "This is the new 'it' book for women who want to prepare for or understand what menopause is (and isn't)." —Dr. Jennifer Lincoln

A Woman's Guide to Menopause & Perimenopause - Mary Jane Minkin 2005-01-01

Provides valuable new information on menopause and how women should approach it in a handbook that offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause, covering such topics as hormone replacement therapy, PMS, treatments for the symptoms of menopause, osteoporosis, cancer prevention, and sexuality. Original.

Making Friends with the Menopause - Sarah Rayner 2017-05-08

From bestselling author of 'Making Friends with Anxiety' and 'One Moment, One Morning' comes a clear and comforting guide to the menopause. With warmth and humor Sarah Rayner and Dr Patrick Fitzgerald explore why stopping menstruating causes such profound chemical changes in the body, leading us to react in a myriad of ways physically and mentally

Making Peace with Depression - Sarah Rayner 2022-09-08

Is depression or low mood stopping you from living life to its fullest? Are you feeling alone, struggling to find a way through? Making Peace with Depression is here to help. In this comforting and supportive little book, bestselling authors Sarah Rayner and Kate Harrison, with Dr Patrick Fitzgerald, draw on their own experiences of living with depression and share their life-changing coping techniques that have helped them manage low mood and depressive episodes. They explain that actively trying to fight your depression can actually prolong your suffering – instead, making peace with difficult emotions and compassionately accepting them can restore mental health and happiness. Packed with simple and effective tips, this must-have handbook explores: - The psychological and physical symptoms of depression and tips to cope. - How to stop the spiral of negative thinking and boost your self-esteem. - What to do when you suffer from suicidal thoughts. - How to seek help and get a diagnosis. - Different therapies and medications to help you recover. - Evidence-based tips to avoid relapse. Uplifting, hopeful and compassionate, Making Peace with Depression will help you on your path to recovery, and shows you how to rediscover joy and contentment every day. Read what everyone is saying about Making Peace with Depression: 'I ABSOLUTELY loved this... so practical, so down to earth, so non-preachy and so relatable.' Amazon reviewer, 5 stars 'Amazing read!!!!!!... I laughed and I cried as I can relate to almost something in every page.' Amazon reviewer, 5 stars 'A gem. Full of compassion, understanding, humour and practical advice... Read this book and you feel you've found a friend. A real lifeline for those living with depression.' Amazon reviewer, 5 stars 'Perfect book... a superbly structured and well thought-out guide... offers just the right amount of information to help you... extremely helpful and thought-provoking... possibly the best guide I've ever read.' Amazing reviewer, 5 stars 'Brilliant... wish I had had this book years ago.' Amazon reviewer, 5 stars 'Brilliant little book, helped me immensely.' Amazon reviewer, 5 stars 'Absolutely fantastic... amazing.' Amazon reviewer, 5 stars 'Helped so much. I read this book in 2 days... I felt the most relaxed I have in a long time. It feels like a supportive friend giving you the best advice.' Amazon reviewer, 5 stars

The Other Half - Sarah Rayner 2014-03-25

In the internationally bestselling author Sarah Rayner's *The Other Half*, Chloe, bright, hip and single, is a feature writer with ambitions to launch a magazine of her own. When she meets James, her potential new boss, she knows she shouldn't mix business with pleasure, but finds it impossible to resist... Maggie appears to have it all. She's beautiful, a talented writer, and has a gorgeous husband. But something's not quite right: his job as a magazine publisher is keeping him in the city until late most evenings, and some nights he doesn't come home at all... Told in the alternating voices of the mistress and the wife, this story of an affair is a sharp, seductive take on modern love. Who, if anyone, comes out unscathed? In writing that is lively, sexy and sharp, the international bestselling author Sarah Rayner explores modern-day relationships and age-old moral dilemmas.

The New Hot - Meg Mathews 2021-01-12

“A sassy, accurate, and enormously helpful romp through the midlife transition known as menopause . . . I highly recommend it to all women who want to embrace all the possibilities offered by this change, including vibrant health, a sense of humor, a renewed sense of purpose, and the best sex of your life.”—Christiane Northrup, MD, #1 New York Times bestselling author of *The Wisdom of Menopause* Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this natural hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the midst of “the change.” When she launched the Megs Menopause website, it quickly became the trending online destination for pre- and menopausal women all over the world. *The New Hot* is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including:

- The latest information about hormone therapy and bioidentical hormone therapy
- Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!)
- Dishy, girlfriend-to-girlfriend advice about what to really expect when you’re aging

Honest, stylish, and informative, *The New Hot* will help you take on menopause—and keep you sense of self, style, and humor intact.

The Menopause Myth - Dr Arianna Sholes-Douglas 2019-09-17

Thrive Through Menopause - Monica Troughton 2008

Offers practical advice on how to overcome the challenges of menopause—from hot flashes and mood swings to flagging sex drives—in order to live life to its fullest potential. Original.

[Mayo Clinic The Menopause Solution](#) - Stephanie S. Faubion 2016-04-26

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

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

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

Features include:

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

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

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

Making Friends (and Making Them Count) - Emory A. Griffin 1987-05-29

(and Making Them Count) Exploring the art of friendship, Em Griffin discusses what attracts one person to another, how self-concept affects relationships, how people form first impressions and what ingredients make for lasting friendships.

Making Sense of Menopause - Susan Willson 2022-02-15

A women's health expert shares an empowering and informative guide to menopause as a gateway to a rich and vital elderhood. It's time to change the way we think about menopause. Both medicine and popular culture fixate on menopause as a decline of women's bodies and minds—without recognizing the powerful gifts that come to us in our elder years. “Nature did not create us to unravel and diminish in the prime of our lives,” says Susan Willson. With *Making Sense of Menopause*, this renowned women's health practitioner offers a powerful guide to experiencing perimenopause and menopause as a natural

gateway into the next vital, exciting, and meaningful phase of our lives. In this inspiring and highly practical guide, Willson dismantles the cultural falsehoods we've been taught about menopause and illuminates:

- Menopause as metamorphosis—how the changes in our bodies literally transform us into new women with essential roles to play in our culture
- How the biological arc of a woman's life unfolds toward menopause—and how our earliest experiences inform the menopause we will have
- Practical guidance for self-care—including sleep, nutrition, stress management, exercise, and social connections
- Sexuality and relationships—deepening our emotional bonds and expanding our capacity to give and receive pleasure
- Becoming the Wise Woman—stepping into the essential role of an elder in our youth-obsessed world

Susan Willson has found that when women are presented with a positive, empowering perspective on menopause, something extraordinary occurs: “We find that we want to do the developmental work of midlife. We want to harness the power we feel rising up as we are finally able to stand for ourselves. We want to give our gifts.” With *Making Sense of Menopause*, this compelling author offers a much-needed guide for women making the physical, emotional, and spiritual transition to their wisdom years.

[The New Menopause Book](#) - Mary Tagliaferri 2006

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

Making Friends with Anxiety - Sarah Rayner 2017-05-04

A warm, supportive little book to help ease worry and panic by international bestselling author Sarah Rayner. Drawing on her own experience of anxiety disorder and recovery, Sarah explores this common and often distressing condition with candor, humor and compassion. 'Simple, lucid advice' Matt Haig, bestselling author of *Reasons to be Alive*

[Menopause Matters](#) - Julia Schlam Edelman 2010

A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, poor sleep, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, weight control, and healthy sex.

Magical menopause - Infinite Ideas 2011-12-12

Expert author Monica Troughton has brought together 52 brilliant ideas for taking control of your menopause, and turning what might otherwise be a difficult, challenging and isolating time into an experience that will leave you more vital, more inspired and more positive than ever before.

With tips and advice on everything from dealing with the physical changes, to coming to terms with the psychological effects the menopause brings, via fantastic beauty and health tips, advice on keeping your sex drive alive, and the low-down on both natural and medical methods of controlling and dealing with the business of the menopause, *Magical menopause* has it all covered. Empowering, positive and practical, this book will give you exactly what you need to make your own 'change' one of the most thrilling times of your life.

[Making Friends with the Menopause](#) - Sarah Rayner 2022-09-26

Night sweats, mood swings, weight gain - the menopause can be a challenging time, leaving us feeling isolated and as if we're losing touch with ourselves. But you are not alone - *Making Friends with the Menopause* is here to help. From bestselling author Sarah Rayner, with Dr Patrick Fitzgerald, comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour, and packed with practical, bite-size tips from women experiencing menopause themselves, as well as essential insights from Dr Patrick, this life-changing little handbook includes:

Comprehensive guidance on the range of treatments available including traditional and complementary medicine. Tried and tested tips to alleviate the symptoms of menopause including hot flushes, insomnia, forgetfulness, and rising anxiety. How to deal with the psychological impact of hormonal changes and lift your self-esteem. Suggestions for your sex life and how to talk to your partner about the change you're going through. How to find the joy in this period and focus more on yourself and your own wellbeing. If you're struggling with the symptoms of menopause, simply want to take care of yourself well or if you're looking for support from a friend who knows exactly how you feel, *Making Friends with the Menopause* will be your guide. It will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms.

Read what everyone is saying about Making Friends with the Menopause: 'Would give 10 stars if I could. Love this book.' Amazon reviewer, 5 stars 'The best I have ever read about the menopause. I learnt so much about myself and at what stage I am at.' Amazon reviewer, 5 stars 'Fabulous! A must read for every woman 40+... Sensible, comprehensive, factual, positive, giving lots of great information and advice... I'm left feeling much more positive about my perimenopause.' Amazon reviewer, 5 stars 'Brilliant and makes you feel like you are not alone!... feels like talking to a friend. I felt so much better after reading it, and keep dipping into it when I need a reminder.' Amazon reviewer, 5 stars 'Superb... can't praise it enough. Made me realise I am normal, thank goodness!' Amazon reviewer, 5 stars 'Incredibly helpful and informative... so helpful I can't recommend it enough.' Amazon reviewer, 5 stars 'Comforting words and real-life examples, I felt much better simply having read this.' Amazon reviewer, 5 stars

Making Friends with Anxiety - Sarah Rayner 2022-09-15

Does anxiety have a hold on you and your life? Do panic and worry tend to dominate every moment? You're not alone - Making Friends with Anxiety is here to help. In this friendly and supportive little book, bestselling author Sarah Rayner draws on her own experience of living with an anxiety disorder and shares the life-changing coping techniques that have helped her manage her anxiety and panic at home, at work and in all areas of life. Packed with bite-size tips, this must-have handbook has already helped thousands of anxiety sufferers across the world. Sarah takes you by the hand as a friend and explains what causes worry and panic to become such a problem for many of us, including: The seven elements that commonly contribute to anxiety, from negative thinking to fear of the future. How our bodies physically respond to stress and worry, and how to calm yourself down during a panic attack. Tips on how to be kind to yourself when you're having a difficult time, and how to be your own best friend in times of stress. If you suffer from panic attacks and anxiety, or simply want to spend less time worrying, Making Friends with Anxiety will be your friend in times of need, helping you to feel calmer and happier every day. Read what everyone is saying about Making Friends with Anxiety: 'Perfect little book that helped me understand what my anxiety entails... better than any therapy session!!!!' Amazon reviewer, 5 stars 'Loved this book!... Thank you, Sarah, wish you were my friend.' Amazon reviewer, 5 stars 'Amazing... This book made me feel that I was not alone in dealing with anxiety... provided many light-bulb moments for me... great advice and techniques.' Amazon reviewer, 5 stars 'Fantastic. Wonderful.' Amazon reviewer 5 stars 'Positive, uplifting, realistic and practical. Helped to calm me and give me things to do instantly... Made me feel normal, safe and more in control at a time in my life when it felt like I was slipping under. Written in a supportive and compassionate way, easy to understand and full of 'aha moments' for me.' Amazon reviewer, 5 stars 'Simple, lucid advice on how to accept anxiety.' Matt Haig, Sunday Times bestselling author of Reasons to Stay Alive 'Reads like chatting with an old friend; one with wit, wisdom and experience.' Laura Lockington, The Brighton & Hove Independent 'Reassuring, informative and written in a kind, inclusive tone that makes sense of everyday anxiety-provoking situations, I cannot recommend this book highly enough.' Josie Lloyd, Sunday Times bestselling author of The Cancer Women's Running Club 'Sarah's advice is very sage... Deeply personal yet eminently practical... accessible and engaging... extremely helpful to anyone trying to cope with anxiety.' Dr Ian Williams, GP and author 'A great book... practical and, most importantly, compassionate... I will be recommending this book to my patients.' Dr Patrick Fitzgerald, GP

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!

Making Friends with Your Fertility - Sarah Rayner 2017-11-10

From fertility counsellor Tracey Sainsbury and Sarah Rayner (bestselling author of Making Friends with Anxiety and One Moment, One Morning) comes a clear and comforting guide to reproductive health, supporting you through the highs and lows of getting pregnant, IVF and assisted conception, adoption, fostering, surrogacy and remaining child-free.

Making Friends with Anxiety - Sarah Rayner 2014-10-03

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

Menopause For Dummies, Pocket Edition - Marcia L. Jones 2010-12-13

Get a handle on changes in your body Every woman goes through menopause. This handy pocket guide demystifies what's going on and explains how to relieve symptoms, offering up-to-date advice on hormone and non-hormone therapies. It's just what you need to feel great and stay healthy. Discover how to Deal with symptoms like hot flashes Decide about hormone therapy Explore non-hormone alternatives Stay active, fit, and healthy

KETO DIET FOR WOMEN AND KETO DIET FOR WOMEN OVER 50 - Gianni Salvadori 2021-04-25

Ketogenic diet specifically for women and women over 50 (in or near menopause). The ketogenic diet is a simple but suitable diet to lose

excess weight and achieve the best shape. The ketogenic diet can be more challenging at first, but once you start it will be appreciated for the results. This diet will allow you to give up all your bad eating habits and start a "new life" in Keto style. This book contains specific recipes to follow a ketogenic diet plan adapted to women and women over 50. It is a complete and clear guide to increase the quality of your life and get the right tips to cook Keto style and thus achieve your health and body management goals. This comprehensive guide is the first step to success. By following this book you will notice the changes and wellness your body will receive. As we all know, what to eat and how to eat is the most critical part of any diet. All of the Keto recipes in this guide are specific to women and women over 50 and have been carefully selected and repeatedly reviewed to finally meet the standard of Keto diet principles. This book will allow you to make diet plans, get detailed information about the caloric intake of the food you eat. In addition, you will find in the introduction all the features dedicated to women over 50 who are about to face menopause or are already facing it. It also contains all the information you need to prepare the best and tastiest dishes of a ketogenic diet you can do, not only for those who are dieting but also for all women in the family and among friends. The book contains recipes made with easy-to-find ingredients: the ingredient lists are clear and can be easily found at your local grocery store. Easy-to-understand introduction explaining the basics of the Keto diet, specific directions and recipes for women and women over 50, as well as some helpful tips to better follow the diet. Clear guidelines for meal preparation and nutritional information on the Keto diet food plan for women and women over 50. By following this book you will reach your weight goal by eliminating excess pounds from your body and enjoying a healthy life. Read carefully the guide and the part of the book dedicated to women over 50, clear and comprehensive to manage the particular period that female people face after passing the first 50 years. Enjoy reading and have fun!

Making Peace with the End of Life - Sarah Rayner 2017-10-10

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

The Menopause Reset - Mindy Pelz 2021-04-06

Ditch your menopause symptoms and feel like yourself again! Are you struggling through your menopausal years? As if from out of nowhere, you experience symptoms such as sleepless nights, irritable moods, unexplained anxiety, trouble retrieving words, and hot flashes. Your weight won't budge no matter how hard you try. How great would it feel to wake up feeling rested, to have a brain that is calm, joyful, and clear, and to finally lose weight in an easy and sustainable way? The good news is that there is a way for you to do all of this and more. Nutrition and functional medicine expert and best-selling author Dr. Mindy Pelz has helped thousands of women just like you reset their health during their turbulent menopausal years. Join Dr. Mindy as she reconnects you to your more vibrant and youthful self. In *The Menopause Reset*, you will learn: * What hormone changes cause your symptoms, and proven strategies to fix them * The best way to stop your menopause-related memory loss * How you can put an end to your symptoms without the use of medications * How to unstick your metabolism and finally lose the extra weight * How to slow the aging process and keep yourself forever young You don't have to suffer through these years. Join Dr. Mindy as she outlines her transformational Menopausal Reset program, which has helped thousands of women get their lives back. Hope is here!

Making Friends with Depression - Sarah Rayner 2017-05-08

If you're suffering from depression, you can end up feeling alone, desperate to find a way through. But recovery is possible and bestselling authors Sarah Rayner, Kate Harrison and Dr Patrick Fitzgerald show you how. They explain that fighting low mood can prolong suffering, whereas 'making friends' with difficult emotions can restore happiness.

Help! I Am Surrounded by Bitches - Kyman 2013-03

Are you questioning: Is it me? Am I the only one chanting the silent roar, "Help! I Am Surrounded By Bitches ... oops, I mean friends?" If you want realistic answers, practical solutions, and relatable stories of friendship frenzy, you'll enjoy Dr. Wendy Kyman's entertaining and informative book.

The Palgrave Handbook of Critical Menstruation Studies - Chris Bobel 2020-07-24

This open access handbook, the first of its kind, provides a

comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Another Night, Another Day - Sarah Rayner 2014-12-23

Three people, each crying out for help. There's Karen, about to lose her father; Abby, whose son has autism and needs constant care, and Michael, a family man on the verge of bankruptcy. As each sinks under the strain, they're brought together at Moreland's Clinic. Here, behind closed doors, they reveal their deepest secrets, confront and console one another, and share plenty of laughs. But how will they cope when a new crisis strikes? From the international bestselling author, Sarah Rayner, *Another Night, Another Day* is the emotional story of a group of strangers who come together to heal, creating lifelong friendships along the way.

The Two Week Wait - Sarah Rayner 2012-12-24

A memorable and moving page-turner about two very different women, each yearning to create a family of her own What if the thing you most longed for was resting on a two week wait? From the author of the international bestselling *One Moment, One Morning*, comes a moving portrait about what it truly means to be a family. After a health scare, Brighton-based Lou is forced to confront the fact that her time to have a baby is running out. She can't imagine a future without children, but her partner doesn't seem to feel the same way, and she's not sure whether she could go it alone. Meanwhile, in Yorkshire, Cath is longing to start a family with her husband, Rich. No one would be happier to have children than Rich, but Cath is infertile. Could these strangers help one another? With her deft exploration of raw emotions and her celebration of the joy and resilience of friendship, *The Two Week Wait* is Sarah Rayner at her best.

Making Friends with the Menopause - Sarah Rayner 2015-03-07

A clear and comforting guide to support you as your body changes by bestselling author Sarah Rayner with Dr Patrick Fitzgerald. There is practical advice on hot flushes and night sweats, anxiety and mood swings, muscular aches and loss of libido, early-onset menopause, hysterectomy and more, plus a simple explanation of each stage of the menopause so you'll know what to expect in the years before, during and after. You'll find details of the treatment options available and their pros and cons, together with tips and insights from women keen to share their wisdom on a subject many still find hard to talk about. Whether you're worried about feeling invisible, weight gain or loss of fertility, or simply want to take care of yourself well, knowledge is power, and *Making Friends with the Menopause* will give you a greater understanding of the process, so you can enjoy your body and your sexuality as you age. * From the author of the international bestselling novel *One Moment, One Morning* * And the word-of-mouth success *Making Friends with Anxiety*, a warm, supportive book to ease worry and panic * Includes advice on all the major health issues that can arise as a result of hormone change * Thoroughly researched and bang-up-to-date * Includes traditional and complementary medicine * Gives guidance on how to get the most from your GP appointments and finding good alternative practitioners * Useful links throughout, plus details of helplines and recommended reads * Fully illustrated with photographs by the author * Ongoing online support group available PRAISE FOR SARAH RAYNER: 'Explores an emotive subject with great sensitivity' Sunday Express 'You'll want to inhale it in one breath' Easy Living 'Carefully crafted and empathetic' The Sunday Times 'Brilliant...Warm and approachable' Essentials 'A sympathetic insight into the causes and effects of mental ill-health as it affects ordinary people. Powerful' My Weekly

Going Through the Change - Samantha Bryant 2019-01-22

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

Making Peace with Divorce - Sarah Rayner 2017-10-16

Clear, concise advice on legal, financial and family matters from divorcee Pia Pasternack and bestselling author Sarah Rayner, exploring with candor and humor sensitive issues such as whether to separate, how to break the news to children and how best to communicate with your ex, helping you through the emotional upheaval and out the other side.

Dr. Susan Love's Hormone Book - Susan M. Love 1998

With clarity and compassion, Dr. Love helps the 40 million women entering menopause sort through all the choices they face. She explains how to cope with short-term symptoms (hot flashes, night sweats, mood swings, etc.) and addresses such long-term concerns as osteoporosis, heart disease, breast cancer, and endometrial cancer. Dr. Love also discusses: lifestyle changes (diet, exercise, stress management), alternatives (including herbs and homeopathic remedies), other medications, and the pros and cons of hormone therapy. A new Introduction discusses the controversies raised by the hardcover publication.

The Happy Menopause - Jackie Lynch 2020-10-13

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

Making Friends With Depression - Sarah Rayner 2016-11-14

'Simple, lucid advice' Matt Haig, Sunday Times bestselling author of *Reasons to be Alive*, on *Making Friends with Anxiety* If you're suffering from depression or very low mood, you can end up feeling alone, desperately struggling to find a way through - but recovery is possible and, in *Making Friends with Depression*, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or fighting depression can actually prolong your suffering, whereas 'making friends' with difficult emotions by compassionately accepting these feelings can restore health and happiness. Sarah (*Making Friends with Anxiety*) and Kate (*The 5:2 Diet Book*) write with candour, compassion and humour about lifting low mood and easing symptoms because they've both experienced - and recovered from - depression themselves, while GP Dr Patrick Fitzgerald draws on his clinical understanding to offer practical advice on treatment options and finding support. The book explores: * The different types of depressive illness * Where to seek help and how to get a diagnosis * The pros and cons of the most commonly-prescribed medications * The different kinds of therapy available * Why depression can cause so many physical symptoms * What to do if you suffer suicidal thoughts * How to stop the spiral of negative thinking and boost self-esteem * Evidence-based steps to improve mental health and avoid relapse Fully illustrated and reflecting the latest National Institute for Clinical Excellence (NICE) guidelines, *Making Friends with Depression* is succinct and surprisingly uplifting. The result is book that doesn't shy away from the distress that depression can cause, but is packed with simple tips that are easy to implement thereby offering hope and guidance through the darkest of times. PRAISE FOR MAKING FRIENDS WITH ANXIETY 'Reads like chatting with an old friend; one with wit, wisdom and experience' Brighton and Hove Independent PRAISE FOR THE 5:2 DIET BOOK 'The go-to 5:2 bible... Inspiring, motivational, simple' Women's Fitness PRAISE FOR SARAH RAYNER: 'Explores an emotive subject with great

sensitivity' Sunday Express 'Brilliant... Warm and approachable' Essentials 'Carefully crafted and empathetic' The Sunday Times 'A sympathetic insight into the causes and effects of mental ill-health as it affects ordinary people. Powerful' My Weekly PRAISE FOR KATE HARRISON: 'Warm and witty' The Evening Telegraph 'Poignant and funny' She 'A very readable page-turner ... interesting and thought-provoking Book Trust

One Moment, One Morning - Sarah Rayner 2011-12-20

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

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.

Menopause Reset! - Mickey Harpaz 2012-06-05

Menopause Reset! is the revolutionary, scientifically-proven program that helps women control the physiological effects of perimenopause and menopause with mind, diet, and exercise solutions that keep blood sugar levels stable and bodies in the fat-burning zone all day long. In the past, controversial hormonal replacement therapy was the only method by which women could positively affect menopausal symptoms. But *Menopause Reset!* changes all of that. The program specifically regulates blood glucose with food, exercise, and highly effective stress reduction techniques, allowing women to stop and reverse menopausal weight and fat gain. Based on the successful treatment of tens of thousands of women whose life-changing results are included in the book, Dr. Harpaz has put together an easy, 3-step solution that targets the triggers of menopause and its symptoms. *Menopause Reset!* teaches women all about their metabolic mechanisms: what they are, how they work, and, most importantly, how to manipulate them to achieve sustainable weight loss and get their bodies back!

No, It's Not Hot in Here - Dick Roth 2001

In a survey of menopausal women, it was found that what most of them wanted from their partners was understanding and support. However, many men are unsure of what they can do to help. This book offers an informal guide for partners of menopausal women.