

How To Get A Menopausal Woman In The Mood

Menopause discussions are coming into the open, with a boost from celebs - Newsday

'I started to unravel': Why do so many women over 40 struggle with stress? - The Guardian

Hormone therapy should be offered to more women with severe menopause: review - CBC.ca

How Menopause Affects Sleep - Verywell Health

Pregnant Or Starting Menopause: What Are The Signs? - Forbes

How to have great sex during menopause and beyond - Nebraska Medicine

Quiz: What Do You Know About Perimenopause? - Cosmopolitan

Menopause - World Health Organization

During menopause, women often suffer in silence at work. Experts want that to change - ABC News

Assessing young adults' menopause knowledge to increase ... - BioMed Central

PMS now could mean more than twice the risk of early menopause ... - CNN

Menopause's Effects on the Workplace, and Other Surprising Impacts - UVA Health Newsroom

The Most Common Menopause Symptoms You Should Know - U.S. News & World Report

Top 7 products for menopausal women - Nebraska Medicine

Beyond Hot Flashes: A Deep Dive Into Menopause, Work, And The ... - Forbes

Menopause: Could stress and constipation worsen symptoms? - Medical News Today

Infertility Linked to Depression, Sleep Problems, and Irritability ... - Everyday Health

11 Best Menopause Supplements For Symptoms, According To ... - Women's Health

New research effort to address patient concerns and priorities in ... - UChicago Medicine

Estrogen and Progesterone: Reasons to Balance Levels - Verywell Health

How menopause changes the brain and three things you need to ... - The Irish Times

Depression risk doubles during menopause; mental health tips women should follow - Hindustan Times

6 sneaky signs of menopause you may not know about - Yahoo Canada Shine On

Menopause: Obesity may worsen symptoms, cut hormone therapy ... - Medical News Today

Perimenopause symptoms: The impact on nurses' mental health - Nursing Standard

Sex-positive: Supplements for women's libido are on the rise - Nutritional Outlook

The Best Exercise for Menopause - Real Simple

Endometriosis and menopause: What happens, symptoms and more - Medical News Today

Your Menopause Survival Guide - Health Central

Gabrielle Union Discusses Her Perimenopause Journey | News - BET

Menopause And Dementia Risk: Here's What to Know - The New York Times

Menopause: Low-fat vegan diet may help reduce hot flashes - Medical News Today

At 51, Gabrielle Union Opens Up About Hair Loss in Raw Interview - Prevention Magazine

Endometriosis After Menopause: How to Recognize and Treat - Verywell Health

Shamita Shetty creates awareness about perimenopause through her post, says 'Wasn't aware of that it actu - Times of India

Menopausal Mood Swings, Grief and Depression - Breastcancer.org

The workplace can be rough for menopausal women. Employers are starting to step up - CNN

Postmenopause: Signs, Symptoms & What to Expect - Cleveland Clinic

More Women May Be Using Cannabis for Menopause Symptoms - Everyday Health

I could have sworn HRT had cured my brain fog and rage. Then I read that it hadn't - The Guardian

Yes, Menopause Impacts Mental Health. Here's How to Help | Right ... - Right as Rain by UW Medicine

Menopause and Chronic Pain - Health Central

The Good, the Bad and the Unknown of the Menopausal Brain ... - CNN
What happens during menopause? Science is finally piecing it ... - National Geographic
Women are suffering needlessly through menopause transition, physicians say - CBC.ca
Menopausal women could be offered behavioural therapy to ease ... - The Independent
Pilates-Inspired Moves for Menopause - Health Central
Perimenopause Treatment, Self-Care, and Relief - Verywell Health
What to Know About Menopause and Hormone Therapy - The New York Times
Three Quarters of Menopausal Women Report Unexpected Symptoms - Medscape
10 best prenatal vitamins for menopause in 2023 - DISCOVER Magazine
Perimenopause should be GPs' 'bread and butter' but more training needed, say women's health experts - ABC News
Sex, menopause and how to have a great sex life as you get older - USA TODAY
Menopause Costs U.S. Women \$1.8 Billion In Lost Working Time ... - The New York Times
Long-term hormone therapy after hysterectomy yields benefits up to ... - Healio
What to expect through the stages of menopause - Sanford Health News
How Long Do Menopause Symptoms Last? Experts Explain - Prevention Magazine
HRT use by younger women linked to dementia, study says. Experts ... - CNN
4 Menopause Facts Every Woman Should Know - Oprah Mag
Top 9 Best Menopause Supplements for Women - Kent Reporter
MenoRescue Reviews: Is it The Ultimate Solution for Menopause? - The Jerusalem Post
Not just hot flushes: how menopause can destroy mental health - The Guardian
Menopause Apps You Should Know About - Everyday Health
Menopause care is largely untapped and ripe for innovation - FierceHealthcare
Menopause Retreats Are the Latest in Wellness Travel - The New York Times
The No-BS Menopause Advice Cheat Sheet - Oprah Mag
Essay | What if We Could Get Rid of Menopause? - The Wall Street Journal
Why am I gaining weight so fast during menopause? And will ... - UChicago Medicine
Silence Around Menopause Is Costing Women Their Careers. Let's ... - Forbes
Don't believe the hype. Menopausal women don't all need to check ... - The Conversation
Can Weight Loss Drugs Tirzepatide and Semaglutide Help With ... - Everyday Health
Vaginal Atrophy and Related Depression and Anxiety - Health Central
5 things you didn't realise you need to know about perimenopause - Pursuit
Running and Exercise Can Help Perimenopause Symptoms - Runner's World
Our complete guide to running through menopause - Runner's World UK
Empowering Women: Embracing Menopause Without Suffering - Murcia Today
Menopausal women don't all need to check - or increase - their ... - Monash Lens
Progesterone Might Benefit Women in Perimenopause - Medscape
Menopause should be mitigating factor in sentencing, judges told - The Telegraph
Sore Nipples During Menopause: What are the Causes? - Health Central
Devon women 'gaslighted' as they live with misunderstood disease - Devon Live
Perimenopause: Beginning the transition into menopause - Sanford Health News
How To Stop Menopause Weight Gain - Health Essentials
Menopause Treatments: Medications, Lifestyle Changes & Self-Care ... - HealthDay
World-renowned menopause experts summarize the state of ... - News-Medical.Net
Menopausal Women Aren't Crazy — They're Just Often Gaslit by the ... - Everyday Health
Pregnancy still possible during perimenopause - UCLA Health Connect
Why weightlifting is beneficial before and after the menopause - The Conversation
The Truth About Menopause and Your Sex Drive - Health Central
Menopause and Long COVID: What Women Should Know - WebMD
A plea for progressive perimenopausal and menopausal care - The Hippocratic Post
There's Still So Much We Don't Know About Hot Flashes and Night Sweats - AOJ

Too hot to handle: Women's health still taboo in Australia - The New Daily

What's the link between the menopause and anxiety? - The Independent

Menopausal symptoms by HIV status and association with health ... - BioMed Central

Google Year In Search 2023: Unveiling The Most Searched Diet For Menopause - HerZindagi

Menopause - Health.mil

Anne Fulenwider on Menopause Symptoms - Oprah Mag

[The Little Book of Menopause](#) - James Woods
2017-07

Menopause - Deborah Garlick 2018-05-03

Why is talking about the menopause so taboo? When it's something that all women experience, and all in their own unique way. Written by a range of expert contributors from clinical professionals to natural practitioners, this comprehensive and thoroughly researched guide equips you with everything you need to help prepare for the changes ahead. Reflecting the latest NICE guidelines and information about HRT, this book provides a balanced view and encourages you to explore the options and think about what's right for you. Covering the facts, the myths, different approaches to menopause, including natural and medical options, and what to expect. Also included are quotes and stories from women sharing their own experiences. You've been through puberty and survived. You're about to enter a new phase of your life, and it's up to you how you approach it. So grab a cup or glass of something, have a flick through this guide and let's start talking about the menopause. Expert contributors include: Dr Louise Newson, Dr Marilyn Glenville, Dr Heather Currie, Dr Karen Morton, Dr Marion Gluck, Kathryn Peden, Katherine Bellchambers, Pamela Windle and other specialists in their field.

How to Master Menopause: Practical Guidance for Dealing with Hot Flashes, Weight Gain, Insomnia, Mood Swings, and Other Menopause Symptoms. - Danielle Jacobs 2020-07-15

What do 100 percent of women experience in their lifetimes and more than half dread the mere thought of? Menopause doesn't have a terrific track record. It's left many women feeling isolated and anxious--but never fear, like everything else, there's a way to get through it. Whether you're experiencing the first waves of

menopause or you're waiting for the day it all starts, Vanessa Ford and Danielle Jacobs, Co-founders of MenoLabs, have created a detailed guide to help you through. How to Master Menopause is a blueprint that can help you manage your symptoms and improve your overall health. This detailed guide will help you:- Identify the most common menopausal symptoms- Give scientific insight into your body's changes- Provide methods and solutions to reducing menopausal symptoms and improving overall health- Explain the research behind the microbiome and how it affects your health - Illustrate the power of probiotics to change not only menopause but your mood, immune system, and heart health. Every woman's life experience is different, and menopause is no exception. With the right tools, you can become the master of your menopause with ease.

Women at the Well - Frances Schwabenland; Marielena Zun 2001-06-13

You've read what the doctors have to say about menopause. You've heard the experts speak about "the change" on TV talk shows. Now it's time to listen to the women themselves. *Women at the Well: The Many Voices of Menopause* is the only book of its kind to provide a voice for women on the printed page. In this compelling book, women share their firsthand stories of what it's like - physically, emotionally and spiritually - to experience perimenopause and menopause. These are the "women at the well" who stand in a united circle to draw the healing waters of wisdom to share with others. And what they tell us is both heart-warming and heart-rending. They want us to know their struggles. They want us to know what has helped them and what hasn't. They want us to know that menopause is a natural biological process and that they are not crazy. Most of all, they want other women to know that they are not alone. Informative and highly readable, these 33 narratives take us into the personal lives of

these ordinary and extraordinary women who share their journeys through this critical life passage. They tell us what it's like physically and dispel the myth that all women have hot flashes and mood swings. While some do experience these symptoms, others don't. "One size does not fit all" when it comes to menopause. As Catharine, one of the women in the book, states, "Often I would feel like a chained horse in the starting gate right before the big race. High anxiety would just come over me. Twice I had to ask my husband to leave a restaurant because I became so anxious and just couldn't sit there any longer." Or as Michelle shares, "The memory loss has been the most difficult for me. Downright embarrassing. I would be in the middle of a conversation and forget what I was saying. The night sweats got somewhat better . . . but now they are getting worse again." But even as these women share their physical and emotional struggles, they manage to find hope and laughter, as Dee Adams writes. The creator of the world famous mid-life cartoon, "Minnie Paux," she shares, "The most valuable thing I have is my sense of humor and I hope to share it with as many women as possible. It really does help to laugh at ourselves . . . things DO improve. I promise!" Or as Dr. Larrian Gillespie, author of many books including *The Menopause Diet*, writes, "One day you're feeling fine and the next day you discover a suicide note from your ovaries on the side of a box of Tampax!" As these women open their hearts, we also learn about other mid-life challenges occurring at the same time as menopause - divorce, caring for aging parents, dealing with an empty nest and looking ahead to their own aging and retirement. While ultimately a woman must make her own decision as to treatment to help alleviate symptoms, these women tell us what has worked for them and what hasn't. Not intended as medical advice, these options range from hormone replacement therapy (HRT) to natural herbs and products. For any husband, significant other, family member or co-worker who can't seem to understand the menopausal woman in their lives, this book will help. Medical and mental health professionals will also gain greater insight about women's menopausal experiences in these accounts. Even more important, perimenopausal and menopausal women - or

those women about to enter these stages - will find support and validation in these stories. At this nurturing well of firsthand information and wisdom, they will find hope. There, they will hear the "many voices of menopause."

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

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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

Menopause Free of Suffering: A Testimonial
- Laure Goldbright

The women in my family have always had a lot of symptoms before, during, and after menopause. I didn't want to suffer like them and I decided to react. I questioned our Western beliefs about menopause and did some research to find out how I could avoid the usual menopause ailments. I was determined to have a happy menopause, without hot flashes, mood swings, insomnia, nervousness, depression, cellulite buildup, age spots on the face, and accelerated aging. And I achieved it! I realized that almost all the symptoms culturally attributed to menopause are actually due to other causes, which can be eliminated. In this book, I will explain how I performed my investigation; then I will share some important information so that you, too, can avoid the hardships our culture usually condemns women to with the outbreak of menopause. Even if you are already suffering from some so-called "menopausal symptoms," it's not too late to take action to live a happy and healthy menopause. This little book is easy to read, free of medical jargon, and considers the spiritual dimension of women.

Menopause - Rebekah Wang-Cheng 2007

Menopause is a comprehensive resource for the care and treatment of menopausal and postmenopausal women. Explores menopause from a number of different perspectives and familiarizes clinicians with the medical issues associated with menopause, including physiology, symptomatology, risk factors, the medical evaluation, and hormone therapy and other medical treatments. ? Addresses the major symptoms experienced by the menopausal woman like hot flashes, genitourinary difficulties, sexual concerns, mood and memory

issues and their management. ? Focuses on disease prevention educating women on cardiovascular disease, preservation of bone density, meeting nutritional needs, and cancer screening. ? Discusses Hormone therapy'its risks and benefits as well as prescribing method. *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.

The Estrogen-Depression Connection - Karen J. Miller 2007

What You Need to Know About Hormones and Depression Research has shown a strong connection between estrogen levels and depression throughout a woman's lifetime. We now understand that abrupt hormonal changes can take a toll on women's moods and even cause serious depression. But the good news is that there is a lot women can do to moderate the effect of these changes. The *Estrogen-Depression Connection* explores this issue and offers practical advice and tips for managing mood changes throughout all the major stages of a woman's life-from puberty and menstruation to pregnancy and postpartum, and from perimenopause to menopause. It explains in easy-to-understand terms what women can do right now to help balance these estrogen fluctuations through diet and lifestyle changes, alternative therapies, and medication. Get the information you need: Learn how estrogen affects each stage of a woman's life Cope with postpartum depression and menopause Find the best medical and alternative treatments

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Woman and Menopause - Emily Brown

2023-06-05

"Woman and Menopause" Exploration of the various aspects of menopause and how they affect a woman's life is a book that explores the various aspects of menopause and how they affect a woman's life. Through a detailed exploration of the physical, emotional, and psychological symptoms of menopause, this book offers essential information for women who are experiencing this significant transition in their lives. The book examines different treatments and options available to alleviate menopausal symptoms and provides practical advice for maintaining good health during this transition. It also addresses important topics such as sexuality and the relationship with a partner during menopause, and how to maintain a healthy and satisfying sexual life. With a blend of medical information and practical tips, "Woman and Menopause" is a comprehensive guide for any woman who is experiencing or approaching menopause, as well as for anyone who wants to better understand the challenges and opportunities that this life change can bring.

Men Surviving Menopause - Paul Selinger

2000-07

Every woman in the world will go through menopause if she lives long enough. Every man in a relationship with a woman will go through it with her, one way or another. This book will help men understand what's going on with their partners, and learn how they can support them to make that mid-life passage easier.

Could It Be the Perimenopause? - Laurie Ashner
2011-11-30

Gail Sheehy in the Silent Passage called menopause the calm after the storm. This book is about the storm itself. Much is known about the menopause, its symptoms and effects on women's lives but very little has been mentioned so far on the decade leading up to the menopause during which time ovulation decreases and estrogen levels are destabilising. Every woman experiences it yet it is one of the least understood, most misdiagnosed and most confounding stages in a woman's life. Could it be. . . . Perimenopause? outlines the symptoms - both psychological and physical - which are a direct result of this hormone imbalance and shows how best to combat them. It gives you the

facts you need to make clear choices about medicinal and natural therapies and it teaches you about following a healthy lifestyle -such as diet, nutrition, exercise and vitamins - that you can start today and that will bring about far-reaching ramifications for your future overall health. Could it be. . . . Perimenopause is essential reading for all women.

Menopause For Dummies - Dr. Sarah Brewer
2011-02-15

Every woman experiences the menopause in different ways, so you need to know what to expect in order to help yourself. This book explains the various stages of the menopause, including the perimenopause, and helps you understand how it can affect your body and your emotions. It evaluates all the options available—including HRT and explains what treatment and lifestyle changes will help you stay healthy and happy. With in-depth coverage of HRT, covering new developments and weighing up the risks and benefits, advice on adopting an holistic approach to managing the symptoms and side effects including conventional medicine, and alternatives, diet and lifestyle changes, *Menopause For Dummies* will help you make the right decisions and stay in control.

Body Image and Sexuality in Surgically Menopausal Women - Satyā B. Bellerose 1989

"Negative effects of oophorectomy (castration, or removal of the ovaries) on a woman's sexual functioning, mood and body image have been documented in previous studies, but these studies did not measure vaginal blood flow and often did not include a non-surgical control group. Five groups of women aged 35 to 55 years were studied, a non-surgical control group (CTL), a hysterectomy-only group (TAH, at least one ovary intact) and three oophorectomy groups: an untreated group (BSO), women on estrogen-replacement therapy (ERT) and women on androgen-estrogen replacement therapy (HRT). The interview/questionnaire assessed mood, body image and sexual functioning (sexual desire, arousal, orgasm, interpersonal sexual activities). In a second session completed by 58 and 129 subjects (45%), a vaginal photoplethysmograph measured vaginal blood flow in response to an erotic stimulus while subjects concurrently monitored subjective

arousal. Overall, the BSO and ERT groups had significantly lower self-reported desire and arousal. Body image as measured by a new scale, 'body comfort', was significantly poorer in the BSO group. The hysterectomy groups had more sexual problems than the control group. Further, about a third of the CTL group reported positive changes in body image and sexuality in the previous 5 years. This effect was attenuated in the TAH, HRT and ERT groups and almost absent in the BSO group. No significant group differences were obtained however, on mood, or vaginal blood flow and subjective arousal to an erotic stimulus. Vaginal blood flow and subjective arousal were significantly correlated. The possibility that these findings may be due to differential levels of testosterone in the various groups is discussed." --

Menopause - Juan Francisco Rodríguez-Landa
2017-08-16

Menopause is a natural state of development in women, but it is also a period of vulnerability to the development of several disorders, such as vasomotor symptoms, hot flashes, vaginal dryness, osteoporosis, cognitive deterioration, depression, and anxiety. Factors as diverse as culture, diet, exercise, maternity, age, and genetics can influence the severity of symptoms that are experienced during menopause and can modify the response to diverse therapies. Studying menopause from a multidisciplinary perspective will help elucidate the different factors that affect health during this specific stage of a woman's life. This book presents several aspects of menopause, including its evolutionary origins, novel nonhormonal therapies, and the neurobiology of related disorders.

Fran's Van and the Four Menopausal Women - Frances Herbert

This book is a road trip for travellers of a certain age. Although the menopause is referred to, it is not the only thing which was on my mind as I wrote this book. Having got a little bit older I have become aware of what it is to become a grey-haired 'elder' woman. There is little change to how I feel on the inside and how much I want to get out of life, but huge changes to how I look. It seems that as we age, society judges the external and loses interest in the person behind the fading pigment and the stiffening joints.

Many of the women I taught with over the years talked about becoming increasingly invisible as they got older. This is a story about women who are refusing to be invisible, and also about the sisterhood of the shared experience of the menopause and the ageing process. The menopause affects us in different ways and at different ages, but talking about it, understanding it and sharing experiences means that we can understand that we are not alone - especially as it can last for up to fifteen years. The menopause can give women black days, sleepless nights, mood swings and temperature changes which can stop you thinking. So to all of you out there, whether you are living it, remembering it, or looking forward to it, bring it on as we are up to the job. Enjoy this foray into the sisterhood and remember: age is just a number.

Hormones, Hot Flashes, and Mood Swings - Clark Gillespie 1989

A personalized (and comforting) guide to the changes and implications associated with the perimenopause, menopause, and postmenopause that draws on current medical findings and uses hormone replacement therapy as the keystone of discussion. No bibliography or references. Annotation copyrighted by Book News, Inc., Portland, OR

[The Menopause Book](#) - Margaret Johnson
2020-04-16

A Guide for Every Women: Take control of your health! Live happier and healthier! Do you want to know about changes you will face when menopause approaches? Do you want to explore the symptoms of menopause? If so, then keep reading! Hello! Welcome to "MENOPAUSE". Menopause is a natural event in every woman's life, yet it is often a source of anxiety and stress because we don't know what to expect. Life involves several transitional stages, from birth to death. Menopause signifies the end of your reproductive years. Your ovaries stop producing enough eggs needed for stimulating estrogen production. This book will give you precisely what you need to make your change one of the most thrilling times of your life. This book is about the menopausal transition, focusing on changing menstrual cycles, changing hormonal levels, and menopausal changes in sexuality. This

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bookempowers you to trust the process of your body changing and along with this, aiming to assist you in finding a powerful way through the range of experiences that can accompany this life-changing experience. This book will help you to fully understand what is happening to your hormones as they decline in perimenopause and solutions to some of the symptoms you can experience through diet, exercise, lifestyle, and mindset. This book will help you treat and prevent menopausal symptoms including a diet tailored to the blood type that allows you to manage menopausal symptoms Here's what makes this book special: What is Menopause The Mystery Of Menopause Hot Flashes & Muscle Aches Mood Swings & Anxiety Depression & Memory Lapses Sexuality & Sleep Problems Bone Health & Heart Health Much, much more! This book is different from others because in this book: You will learn about common Menopause myths You will learn about hormone replacement therapy You will learn about Menopause diet Interested? Then Scroll up, Click on "Buy now with 1-Click", and Get Your Copy Now! Copyright: © 2020 by MARGARET JOHNSON, All rights reserved.

Menopause Sucks - Joanne Kimes 2008-06-01 Do they call menopause "the change" because... You have to change shirts three times a day-after you've sweat through them? You have to change addresses, just to avoid all that mail from the AARP? You have to change your diet to nothing but milk and broccoli—just to get your RDA of calcium? With hot flashes, mood swings, and night sweats (oh, my!), menopause might not be your favorite phase of life. However, bestselling author Joanne Kimes is here to provide relief as welcome as hand-held fans and sweat-free sheets. In her signature, no-holds-barred style, Kimes dishes on: Dealing with a rollercoaster of emotions Anecdotes, remedies, and gentle tips to help you cope with all the physical changes you're facing How to enjoy menopausal sex Menopause brings about a whirlwind of emotional and physical transformations. Menopause Sucks gives you all the info—and belly laughs—you need to cool down during this hot change of life.

Dealing with the Psychological and Spiritual Aspects of Menopause - Dana E King 2014-02-25 Turn menopause and midlife into a positive experience Dealing with the Psychological and Spiritual Aspects of Menopause examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives. Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just "make it through" menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including: dealing with emotional loss on top of physical and psychological changes moods, attitudes, and depression the benefits of counseling and group support exercise as a treatment for anxiety and depression the work experience spiritual issues special challenges of the perimenopausal period and much more! Dealing with the Psychological and Spiritual Aspects of Menopause is a vital resource for physicians, counselors, therapists, and psychologists, and especially for the women they treat.

How To Get A Menopausal Woman In The Mood:

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