

Menopause With Science And Soul A Guidebook For Navigating The Journey

Soul Skin, Woman Have You Had Enough?The Wisdom of MenopauseMenopauseIntangiblesMoody BitchesThe Green Medicine ChestBody & Soul (Watertown, Mass.)Seven Transforming Gifts of MenopauseChicken Soup for the Soul in MenopauseCell-Level HealingThe Book of SoulThe ChangeHot and BotheredPrime TimeAmerican Book Publishing RecordThe Menopause MythNew Books on Women, Gender and FeminismMenopause NaturallyNo More HRT : Menopause, Treat the CauseThe Black Woman's Guide to MenopauseWomen's Views of MenopauseMenopocalypseYour Best Age Is NowLibrary JournalFlash Count DiaryMale MenopausePocket Guide to Naturopathic MedicineMoods, Emotions, and AgingYoga and the Wisdom of MenopauseChicken Soup for the Soul Healthy Living Series: MenopauseThe Menopause Transition Among Qu'ebec WomenBody and SoulMaking Life EasySudden MenopauseBody & SoulNew Books on Women and FeminismMenopause with Science and SoulWhat's Up Down There?A Woman's Book of YogaThe Christian Science Journal

Soul Skin, Woman Have You Had Enough?

This book provides answers for women not quite at midlife who undergo menopause brought on by a hysterectomy, anorexia, chemotherapy, or a reaction to medication. Topics covered include hot flashes, emotional instability, osteoporosis prevention, and heart disease. Each subject is addressed medically and holistically, with a thorough description of coping options.

The Wisdom of Menopause

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.

Menopause

An internationally renowned biophysicist and practitioner of traditional Eastern healing methods, Dr. Hawkes shows readers how they can repair and renew their bodies at the cellular level.

Intangibles

Moody Bitches

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.

The Green Medicine Chest

In this funny, outrageous and empowering book, Dr. Lissa Rankin answers all the secret gynecological questions that most women wonder about, but have always been afraid to ask. Suppose you had a wise, warm, funny best friend—who just happened to be a gynecologist. You're out with the girls for cocktails and the conversation turns to sex, and then to girly parts. One by one, you start asking her all the questions you've secretly wondered about—and discover that you have a lot in common. If you were to write those questions down, then you'd have *What's Up Down There?*, a life-changing little book that answers:

- Do old ladies have saggy vaginas?
- How do male gynecologists have a sex life without feeling like they're stuck at the office?
- Is it normal for your inner labia to hang out of your outer labia?
- Can the baby feel its mom having sex during pregnancy?
- How common is it for one's boobs to be two totally different sizes?

And so much more! As outrageously funny as it is empowering, this book reveals how to love yourself and your body—and will have you recommending it to every woman you know. From off-the-wall sex questions to serious topics of women's sexual health, *What's Up Down There?* provides answers to women of all ages and stages.

Body & Soul (Watertown, Mass.)

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.

Seven Transforming Gifts of Menopause

"It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. The Book of Soul is an antidote." ?Arianna Huffington, Founder & CEO, Thrive Global and Founder, Huffington Post "I recommend The Book of Soul for all of us wanting to stay connected to a deeper purpose." ?Melinda Gates, New York Times Bestselling Author of The Moment of Lift A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo In The Book of Soul, Mark Nepo, the bestselling author of The Book of Awakening, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. The Book of Soul delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability. The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. The Book of Soul is a piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of transformation.

Chicken Soup for the Soul in Menopause

Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exciting careers;
- Becoming more spiritual and leading a life of gratitude; and more.

Your Best Age Is Now provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

Cell-Level Healing

Interest in yoga is at an all-time high, especially among women. Whether readers wish to begin the practice or are already involved in yoga, this innovative book will help them understand the unique benefits yoga provides for a woman's health and mental well-being. The authors lead women of all ages through the health and life cycles specific to females by illustrating the spiritual and physical advantages of Kundalini yoga, as taught by yoga master Yogi Bhajan. Hari Khalsa applies ancient wisdom to explain how to determine and enhance one's own special relationship with the mind, body, and soul. Using his expertise on women's health issues, Dr. Siebel reveals the scientific basis for yoga's positive effects on the brain. Together, Dr. Siebel and Hari Khalsa create a dialogue of spiritualism and science, elucidating how every woman can reap the rewards of yoga for a lifetime.

The Book of Soul

A hands-on guide written specifically to address the black woman's experience of menopause.

The Change

From baseball to biology, an award-winning journalist highlights the power of team chemistry in this "terrific" data-driven investigation of human relationships (Billie Jean King). Does team chemistry actually exist? Is there scientific or mathematical proof? Is team chemistry as real and relevant as on-base percentages and wins above replacement? In Joan Ryan's groundbreaking book we discover that the answer to all of the above is a resounding yes. As Ryan puts it, team chemistry, or the combination of biological and social forces that boosts selfless effort among more players over more days of a season, is what drives sports teams toward a common goal, encouraging the players to be the best versions of themselves. These are the elements of teams that make them "click," the ones that foster trust and respect, and push players to exceed their own potential when they work well together. Team chemistry alone won't win a World Series, but talent alone won't win it, either. And by interviewing more than 100 players, coaches, managers, and statisticians, as well as over five years of extensive research in neuroscience, biology, physiology, and psychology, Ryan proves that the social and emotional state of a team does affect performance. Grit, passion, selflessness, and effort matter -- but never underestimate the power of chemistry.

Hot and Bothered

Prime Time

Where To Download Menopause With Science And Soul A Guidebook For Navigating The Journey

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

American Book Publishing Record

Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation. This book goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside readers as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life. Written in a warm and conversational tone, this book helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality. Each chapter includes guided questions for personal reflection and study questions for group discussion.

The Menopause Myth

Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula- The Spirit is Life. The Mind is the Builder. The Physical is the Result. When we don't grasp this-when we view our bodily well-being in isolation-life can devolve into constant worry about our health and constant battling to make our bodies "behave." When we acknowledge the deep connection between our beliefs and our biology and start to tune in to the Divine part of ourselves, it's a whole new ballgame-and the first step in truly making our lives work. Making life work, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. And this is what makes the efforts of modern medicine incomplete. As Dr. Northrup explains, our current medical system treats symptoms as inconveniences to be masked with drugs or eliminated with surgery-but that's like putting duct tape over the "check engine" light on your dashboard instead of looking under the bonnet to see what the engine needs. This joyfully encouraging new book helps you lift the bonnet on your own life and health. Topics include- - Untying the knots of blame and guilt that harm your health - Using sexual energy consciously to increase vitality - Balancing your internal systems, including your microbiome, through healthy eating - Cultivating a strong, healthy ego that serves you-instead of the other way around - Communicating directly with the Divine-whatever form it takes for you Drawing on fields from astrology to past-life regression to the new science of epigenetics to standard Western medicine, Dr. Northrup distills a brilliant career's

worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

New Books on Women, Gender and Feminism

As a registered nurse, Dr Helene Leonetti recalls having to stand and offer her chair to the doctor when he entered the room. Her journey from that day to this has been a long one and not without almost overwhelming trials. During her transition from nurse to physician to holistic and herbal healer, Dr Leonetti was brought to her knees by a life-threatening depression, which occurred synchronistically during menopause. Struggling out of the darkness, Dr Leonetti turned her time of menopause into a hallowed, precious phase of spiritual growth. She now offers others the lighted pathway to their own healing and self-empowerment. Dr Leonetti has a way of loving unconditionally and leading her patients toward practical control of their own body-mind-spirit health. Funny, touching and practical, this book is a must read for women of all ages and for the men and women who love them.

Menopause Naturally

No More HRT : Menopause, Treat the Cause

Hormone Replacement Therapy is vital for women, and there is a lot of confusion about it in both the medical community and among women. This book presents the science behind bio-identical hormones and describes why these hormones are so important for women, especially at midlife.

The Black Woman's Guide to Menopause

Women's Views of Menopause

"'Soul Skin' can best be described as bliss in literary form-it is a mind-bending, sweeping story of impossible journeys made so believable by Jan's incredible literary talent." Meaghan - New York Book Pundit***** Reader's Favorite 5 star Award & BookWorks Book of the Week Award*"Soul Skin Woman have you had enough?" is an exceptional, inspiring book with an important message and deep meaning. Jan Porter has remarkable wisdom, a rich imagination, and brilliant writing skills. Porter's accomplished writing quickly transports readers into a powerful, thought-provoking, and inspiring tale where magical dreams, meaningful visions, and reality gracefully entwine. Readers will root for Navi, sympathizing with her during

her tragedies and heartbreaks, and eagerly following her on her empowering journey of spiritual self-discovery. This book is great for anyone who is feeling lost inside or struggling with personal issues, grievances, tragedies, heartbreak or loss." - NY Literary Magazine "Woman have you had enough?" An inspiring tale of hardship, wisdom and discovery, Soul Skin is a celebration of those of us who do not fit into 'normal'. Deeply moving, Soul Skin is an odyssey of many lifetimes, that summons our own personal journeys. Life overflows with problems as Navi is caught in between two worlds, of loss, destiny and self-discovery. Striving to cope with; a child's cancer, marital heartbreak, a stifling rural church community, a scandalous love affair, job loss, menopause and a haunting dark shadow nemesis, Navi is left heart broken and shamed. Lost and alone with her daughter, she is comforted by her dead Grandmother and a mysterious soul skin man. Slammed into impossible challenges, insights come through ancient sisterhood teachings and sacred dream journeying to historic events in; a Nazi death camp, a pre-civil war deep south, indigenous North America, as Joan of Arc, audience with Lord Byron, as a wolf mate and more. Throughout, Navi candidly explores life with wit, yet it is the love bond of her daughter, Gran and soul skin man that carries her through. Following the power of fate and finding the freeing truth of who you truly are, can be a magical journey of remembering your; innate heart wisdom, connection with the spirit world of possibilities and bring forth your life mission. "The power of your Ancestors and the magic of the cosmos is in your DNA!" #SpiritWorld, #Sisterhood, #LitararyFiction, #HistoricalFiction, #Spiritual, #NewThought, #Visionary, #Metaphysics, #PersonalGrowth, #Shamanism, #NewAge, #NonSecular, #Inspiration, #Empowerment, #DreamJourney, #HumanCondition, #SocialIssues, #QuantumPhysics, #SpiritGuides, #WomensLiterature, #SoulPath, #Mission, #WildWoman, #Authentic, #SpiritualPath, #chicklit, #midlifecrisis, #JanPorter, #Indie.

Menopocalypse

Hormone Treatment Is Called Harmful-Washington Post, 7/10/02 Estrogen Use Linked to Higher Cancer Risk-Boston Globe, 7/17/02 31.2 million women facing menopause in America are concerned by these headlines. Most women today will live over one-third of their lives post-menopausal, but what about the age-old solution of hormone replacement therapy? In 2002 the U.S. government halted a major study of hormone therapy because it increased the risk of invasive breast cancer. Now, millions of women are left wondering whether they should approach menopause without hormones, suffering from hot flashes and low sex drive or take hormones and live in fear of being another statistic. Suza Francina has a simpler solution: Yoga. In this practical book, Francina, a leading yogi and author of The New Yoga for People Over 50, shows how yoga can be a powerful tool to help women turn menopause into a positive and empowering experience, both physically and spiritually. Included are easy-to-follow, indexed photos of yoga poses that alleviate key menopausal problems including: hormonal changes; hot flashes; irregular bleeding; fibroids; stress and anxiety, mood swings, depression and fatigue; bone loss; heart disease and cancer. Francina delivers a timely and truly heartening message to women: you don't have to get weaker or depressed when facing menopause, it can truly be an empowering, restorative time.

Your Best Age Is Now

Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to understand what was happening to her, she slammed up against a culture of silence and sexism. Some promoted hormone replacement therapy, others encouraged acceptance, but there was little that offered a path to understanding menopause in an engaged way. *Flash Count Diary* is a powerful exploration into aspects of menopause that have rarely been written about. It is a deeply feminist book, honest about the intimations of mortality that menopause signals but also an argument for the ascendancy, beauty and power of the post-reproductive years in women's lives.

Library Journal

Flash Count Diary

“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.

Male Menopause

The comprehensive examination of this very real health issue.

Pocket Guide to Naturopathic Medicine

Are pharmaceutical drugs making you or your family sick? Do you want to use safe, earth-friendly medicines? Do you know how to effectively use supplements and natural remedies to build optimal health? 66% of the U.S. population consults alternative health care providers and over 70% take supplements, but many people don't know how to use these methods effectively. This family health companion shows you how to address: Acne, Bed-wetting, Childhood vaccinations, Colds, Depression, Diabetes, Fatigue, Food allergies, Headaches, Insomnia, Low libido, Low thyroid, Menstrual cramps, Prostatitis, Teething, and much more Both scholarly and soulful, both intellectual and entertaining, this gem of a book has inspiring information for general readers, as well as enough scientific rigor to appeal to health care professionals. Keep this on hand in the family library, or on the waiting room table for your patients. Highly recommended!" Dr Jillian Stansbury, N.D. It's rare to find a non-fiction book about self care that reads like a good collection of short stories. Dr. Boice has such a warm and friendly voice, and the information she relays is thorough and practical in every sense of the word. I keep *The Green Medicine Chest* close at hand so when I hear the first sneeze, complaints of fatigue, or of encounters with poison ivy, I can come to the rescue with the types of treatments I prefer. ??Leigh Fortson, *Embrace, Release, Heal*

Moods, Emotions, and Aging

The findings of this study suggest that future research and health promotion efforts would benefit from a conceptualization of dietary practices and body image as stable trajectories with infrequent transitions linked to major life events.

Yoga and the Wisdom of Menopause

Chicken Soup for the Soul Healthy Living Series: Menopause

The Menopause Transition Among Qu'ebec Women

As women, we learn from an early age that our moods are a problem. To succeed in life, we are told, we must have it all under control: we have to tamp down our inherent shifts in favor of a more static way of being. But our bodies are wiser than we imagine. Moods are not an annoyance to be stuffed away, they are a finely-tuned feedback system that can tell us how best to manage our lives. Our changing moods let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. They help us select the right tool for each of our many jobs. If we deny our emotionality, we deny the breadth of our talents. With the right care of our inherently dynamic bodies, we can master our moods to avail ourselves of this great natural strength. Yet millions of American women are medicating away their emotions because our culture says that moodiness is a problem to be fixed. Over-prescribed medications can have devastating consequences for women in many areas of our lives--and even if we don't pop a pill, women everywhere are numbing their emotions with food, alcohol, and a host of addictive behaviors that deny the wisdom of our bodies and keep us from addressing the real issues that we face. Here, Dr. Julie Holland shares a better way.--From publisher description.

Body and Soul

Making Life Easy

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.

Sudden Menopause

A laugh-out-loud, pick-me-up collection of stories for the millions of women who are battling hot flashes, mood swings and mental lapses.

Body & Soul

Purchase of this book includes free trial access to www.million-books.com where you can read more than a million books for free. This is an OCR edition with typos. Excerpt from book: OPEN LETTERS. A Personal Experience. The personal experiences, contributed to your pages,- have been .exceedingly helpful to me, and I venture to offer my mite, trusting it may be useful to others, as theirs have been to me. When I studied Christian Science, my teacher impressed on my mind the necessity of taking at least one hour in the day for reading Science And Health, the Bible, and for silent communion. I was determined to do this, and for a year was slowly, but surely gaining in spiritual understanding. But a very subtle temptation came to me, to prove me, in the form of an invitation to spend the winter with some friends, who were wholly absorbed in a life of gayety. They " sat down to eat and drink, and then rose up to play" (1 Cor 10-7). I thought, now is my opportunity to interest these dear friends in Christian Science. I soon found that whatever I did, must be through the language of silence. At first I held to the hour, but gradually the magnetism of my surroundings blinded my sense of Truth to such a degree, that society demands crowded out every other, and I excused myself by saying, it is. no use to try. " While I am with the Romans I will do as they do," and so conformed to the condition of those about me. Often the inner voice would speak to me, but I would answer, " When I get home I will make up for all the hours of time I've taken from Christian Science Study." One evening, in the midst of music and dancing, with the swiftness of an arrow, I was struck with an old belief, of which I had been healed through Christian Science treatment. It returned with tenfold poignancy. I tried to deny and overcome it, but felt that, like Sampson, I was shorn of my strength, and helpless in the midst of the enemy. I was obliged, suddenly, to withdraw from the gay sc

New Books on Women and Feminism

Menopause with Science and Soul

Integrating modern medicine and ancient spiritual wisdom, MENOPAUSE WITH SCIENCE AND SOUL is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun Wind, Vicki Noble, Carol Bridges

What's Up Down There?

Illuminating concise instructive The Crossing Press Pocket Series are little books packed with lots of valuable information. This comprehensive series explores today's vast universe of natural health, personal growth and spirituality in a clear, easy-to-use format. Pocket Guides are ideal introductions for the expanding consumer interest in improving health, quieting the mind, and healing the spirit. Pocket Guides also make the perfect gift. Attractive, space-efficient displays are available, free with low minimum orders.

A Woman's Book of Yoga

This new series from Chicken Soup for the Soul - inspirational stories followed by positive, practical medical advice for caregivers and patients - is the perfect blend of emotional support and vital information about menopause including: • Common Myths • Unknown Facts • Talking with Friends and Family • From Mood Swings to "Mentalpause" • Relieving Symptoms • Spice Up Your Life • The Truth about HRT • Alternative Treatments • Taking Charge of Your Health • The Positive Side of Menopause Chicken Soup for the Soul partners with top doctors to give you the information you need to survive-and the positive inspiration to thrive. Each book features beautifully written stories plus information on diet, lifestyle, diagnosis, procedures, caregiving, emotional issues and alternative therapies from some of the world's foremost experts.

The Christian Science Journal

Where To Download Menopause With Science And Soul A Guidebook For Navigating The Journey

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