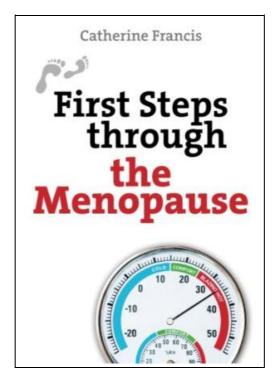
First Steps Through the Menopause (Paperback)



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Reviews

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FIRST STEPS THROUGH THE MENOPAUSE (PAPERBACK)



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Lion Hudson Plc, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English. Brand New Book. Every woman who reaches middle age faces the menopause, but many do so with only the minimal amount of information - as well as a lot of myths. Are we condemned to have the same kind of menopause as our mothers did? Is it always a grim experience? Do we have to put on weight? Will our sex lives be effectively over? In this accessible, clear and straightforward guide, Catherine Francis explains what the menopause is, how it may affect you, and what to do if it does. From diet to exercise, conventional medicine to alternative remedies, First Steps through the Menopause is a short but comprehensive introduction to this important stage in a woman s life.



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