



Think Again!: Clearing Away the Brain Fog of Menopause (Paperback)

By Jeanne D Andrus

Morgan James Publishing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When the changes of menopause start happening, it seems that our ability to concentrate, complete tasks, and remember simple, little, everyday things (like our own names) goes out the window. It can feel like you're losing your mind (or at least your glasses)! In Think Again!, Jeanne Andrus tackles brain fog - a term she uses for the symptoms of menopause that affect the way you think. She covers why they happen, what they feel like, and how to tell when these might be symptoms of a more serious issue. More importantly, she covers how you can cope with these changes in your daily life, including how you can optimize your approach to brain health to make sure you can think again for the rest of your life.



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Reviews

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

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Great eBook and beneficial one. It is packed with wisdom and knowledge You won't really feel monotony at any time of your respective time (that's what catalogs are for relating to if you check with me).

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Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



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