



How To Survive Menopause Without Going Crazy

Leona Lee

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How To Survive Menopause Without Going Crazy takes you on a down-to-earth, sometimes humorous journey through the emotional upheavals of menopause. It explores the emotional changes that may occur during perimenopause and offers practical advice on how to deal with them. Filled with personal anecdotes and true case studies, it discusses coping strategies in the areas of nutrition, diet and vitamins, exercise and other means of stress reduction, hormone replacement therapy, general appearance and well-being.

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Billy Shaner:

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