

The Seven Ages Of Woman - Rosemary Leonard

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Throughout our lives women face a range of particular health issues that can be both challenging and confusing. Now, in *The Seven Ages of Woman*, Dr Rosemary Leonard draws on her extensive experience as a family GP and media health adviser to distil the health knowledge we all need as women living in the 21st century. Practical and reassuring, this comprehensive guide offers invaluable advice on the...

- * **EARLY CHILDHOOD YEARS** - how to cope with your daughter's physical and emotional development and ease her journey from girlhood to womanhood...
- * **REPRODUCTIVE YEARS** - juggling career and family relationships - how best to care for your health (and sanity) during these challenging years...
- * **PERIMENOPAUSAL AND MENOPAUSAL YEARS** - a time of uncertainty for many - how to achieve a sense of balance and wellbeing during these years of transition...
- * **ACTIVE RETIREMENT AND BEYOND** - making the most of these 'freedom' years and how to stay active and independent for as long as possible...

Drawing on conventional and proven complementary therapies, Dr Leonard explains how we can prevent and treat a range of conditions through diet, exercise and lifestyle changes. She also provides tips on beauty and skincare that will help us all to look and feel our best - whatever our age. Replacing doubt and uncertainty with sound, trustworthy advice, this must-have guide provides women of all ages with the very latest information they need to make informed choices about health and wellbeing for themselves, their families and friends.

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