

Staying Sane When You're Going Through Menopause - , Evelyn Fazio

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They took away hormone replacement therapy and now hot flashes are back with a vengeance. What's a menopausal gal to do? If you're tired of fanning yourself in meetings or in line at the grocery store, cool your heels and take pleasure in these stories that provide inspiration and humor from those who have gone to the front lines of the battle--and survived. Here's how other savvy, sexy women have tamed the mid-life demons and stayed lean, even keeled, and in charge of "the change"!Author: Brodowsky, Pam Author: Fazio, Evelyn Publisher: DaCapo Press Illustration: N Language: ENG Title: Staying Sane When You're Going Through Menopause Pages: 00208 (Encrypted PDF) On Sale: 2009-03-25 SKU-13/ISBN: 9780738210575 Category: Self-Help : General

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