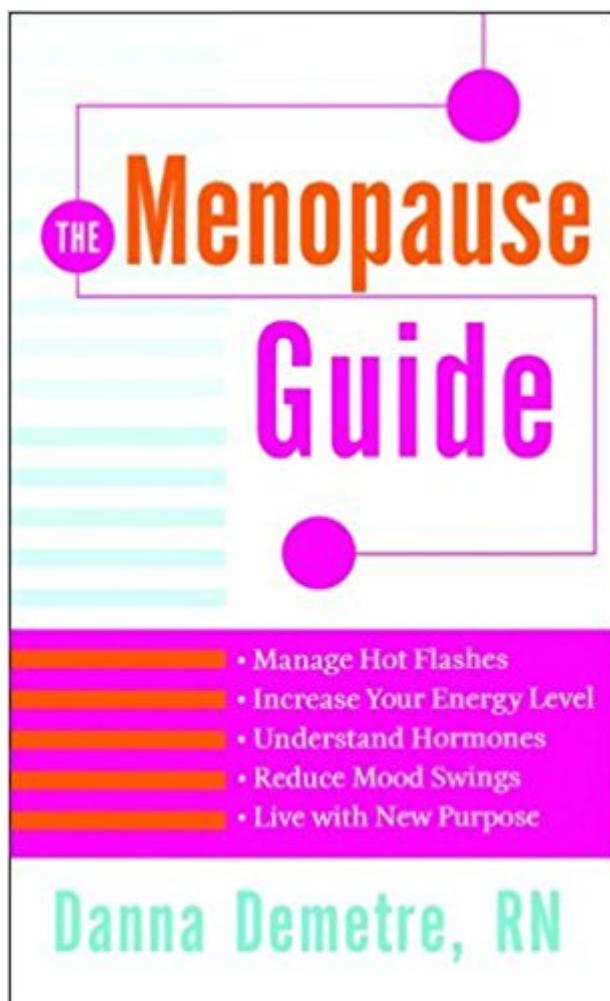


The book was found

Menopause Guide, The



Synopsis

The Menopause Guide challenges the old myths about menopause and provides practical solutions to the once-dreaded "change" so women can embrace this dynamic and positive season of life. Integrating scriptural applications, Danna outlines the basics to a healthy lifestyle and answers women's questions about hot flashes, mood swings, and other menopause manifestations. With more than twenty-five years of experience in the health and fitness industry, Danna puts her professional expertise and personal experience to work for women everywhere. In The Menopause Guide, she expertly blends humor, hope, and healthy solutions that will help readers maximize the best years of their lives.

Book Information

Mass Market Paperback: 288 pages

Publisher: Revell; 1 edition (May 1, 2009)

Language: English

ISBN-10: 0800787838

ISBN-13: 978-0800787837

Product Dimensions: 6.9 x 4.2 x 1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,101,621 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness & Dieting > Women's Health > Menopause #2775 inÂ Books > Health, Fitness & Dieting > Women's Health > General #3507 inÂ Books > Christian Books & Bibles > Christian Living > Women's Issues

Customer Reviews

This book has really helped me so much. It is funny and so truthful and also a very good read for Christians who don't often want to talk about what they are going through during this time of their lives. Danna has a wonderful way with words. Fabulous

Brilliant book! Makes one feel you're not alone in this thing that's taken over your life and that there's hope after all!

I thought this gave a few insights to me as well as some humor, which is needed. Helped my husband too.

[Download to continue reading...](#)

The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and Other Cognitive Effects of Perimenopause and Menopause The Menopause Bible: The Complete Practical Guide to Managing Your Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems What You Must Know About Women's Hormones: Your Guide to Natural Hormone Treatments for PMS, Menopause, Osteoporosis, PCOS, and More The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--Through Perimenopause, Menopause, and Beyond Eat to Defeat Menopause: The Essential Nutrition Guide for a Healthy Midlife--with More Than 130 Recipes Traditional Chinese Medicine: A Woman's Guide to a Hormone-Free Menopause Everything You Need to Know About Menopause: A Comprehensive Guide to Surviving--And Thriving--During This Turbulent Life Stage Woman's Guide to Hormone Health, A: The Creator's Way for Managing Menopause A Woman's Best Medicine for Menopause: Your Personal Guide to Radiant Good Health Using Maharishi Ayurveda "No, It's Not Hot In Here" , A Husband's Guide to Menopause Menopause Guide, The Menopause and Homeopathy: A Guide for Women in Midlife TCM: A Woman's Guide to a Trouble-Free Menopause It's Not Menopause . I'm Just Like This (Maxine's Guide To Aging Disgracefully) The No-Nonsense Guide to Menopause Perimenopause--Preparing for the Change, Revised 2nd Edition: A Guide to the Early Stages of Menopause and Beyond Menopause: A Guide for Women and Those Who Love Them Menopause Matters: Your Guide to a Long and Healthy Life (A Johns Hopkins Press Health Book)

[Dmca](#)