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The Menopause Self Help Book

Still, it takes so many women by surprise. To help combat this, Dr. Jen Gunter, a San Francisco-based OB/GYN, wrote "The Menopause Manifesto: Own Your Health with Facts and Feminism," available on ...

‘ Menopause Manifesto ’ : New book helps women prepare for the transition
Menopause is often shrouded in shame, fear and a general lack of understanding; Marin ’ s Dr. Jen Gunter wants to set the record straight with her new book.

Marin ’ s Dr. Jen Gunter busts menopause myths in new book

But a new book, Still Hot ... For almost everyone in Still Hot!, it seemed the menopause really was a transition from one self to another – a journey. The author Sharon Blackie observed ...

"There is still a silence around the menopause... We need to get rid of that."

Breaking Guide to Authenticity" by Cynthia Schwartzberg, LCSW, shares key messages of how to shift from a place ...

New Self-Help Book by Cynthia Schwartzberg, LCSW, Offers Practices for Optimum Joy, Hope and Peace During Still-

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Challenging Times

Carrie Bradshaw and friends are preparing to hit the streets of New York again on “ And Just Like That. ” Amy Poehler and Shannen Doherty are turning 50 this year. And J. Lo looks better than she did ...

7 Celebrities Who Have Talked Openly About Menopause, Because We All Know It's Time for the Stigma to End

Since researching for the documentary and a forthcoming book ... help in online sales of herbal and other menopause remedies at Boots — up by more than 60 per cent last year, as women tried to ...

Half of us go through it, yet doctors still aren't being taught about the MENOPAUSE: As women struggle with hot flashes, fuzzy memory and low mood, a charity founder reveals ...

Dr. Jen Gunter hopes the books helps women better understand menopause and empowers them to make good decisions about their health.

Doctor discusses ‘ cultural silence ’ of menopause and how women can prepare

We Brits don ’ t really “ do ” self-help like the Americans, we are too genetically sarcastic. But then the singer Adele — our straight-talking Adele from Tottenham — breaks her exile to make a special ...

Is Glennon Doyle the most powerful self-help author in the world?

If you are entering perimenopause or menopause, you may be searching for health and wellness information to help you understand the changes happening in your body.You may have questions about hot ...

Want More Menopause Resources? Look No Further Than These 33 Podcasts, Books, and Instagram Accounts That Get Real About the Experience

She noted that in pop culture, menopause is referred to almost exclusively as a punchline, often via dismissive or self-deprecating jokes about hot flashes or mood swings. The self-help books she ...

What orcas can teach humans about menopause and matriarchs

Most people in menopause (officially defined as the ceasing of menstruation) are familiar with the fact that this life stage is related to a change in hormone levels. Hot flashes, trouble sleeping, ...

The Connection Between Gut Health and Hormones Everyone in Menopause Should Know

In my 30s and 40s, I listened to older friends talk about the hot flashes and disrupted sleep associated with menopause ... But it would help if our societal systems supported our efforts ...

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Psychology Today

TEEN Mom star Farrah Abraham has come under fire while promoting her new ‘ self-help ’ book online. The 30-year-old labelled herself as a “ top googled celebrity ” in an ...

Teen Mom Farrah Abraham slammed for calling herself a ‘ top Googled celebrity ’ while promoting her self-help book
Hormonal treatments can help genitourinary symptoms (vaginal dryness and pain during sex) of menopause. Research has shown that brain fog is real — and temporary. We are in an era of a medical ...

Women Can Have a Better Menopause. Here ’ s How.

Self-help leaders are often associated with toxic positivity—the belief that no matter how dire or difficult a situation is, people should maintain a positive mindset.

How To Spot Fraudulent Advice And What To Do When Self-Help Doesn't Actually Help

Focusing on the period part of the cycle is like skipping to the last chapter of a book. In reality ... understanding ovulation can help you understand more about your health in general.

It ’ s time to teach the whole story about ovulation and its place in the menstrual cycle

It is very comprehensive and outlines why menopause is a workplace issue, how to support employees, menopause and the law, where to seek help and self-help. Women should be encouraged to talk to their ...

Helping and supporting staff to manage menopause symptoms at work

She added: “ Sleep is often a problem during menopause. Local therapist Claire Cutler Casey will be on hand to share simple techniques to help turn ... To find out more or book a place, contact ...

One-day menopause workshop in York will focus on natural therapies

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