



Chicken Soup for the Soul Healthy Living Series: Menopause: important facts, inspiring stories

Susan Hendrix, Jack Canfield, Mark Victor Hansen

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This new series from Chicken Soup for the Soul - inspirational stories followed by positive, practical medical advice for caregivers and patients - is the perfect blend of emotional support and vital information about menopause including:

- Common myths
- unknown facts
- talking with friends and family
- from mood swings to "mentalpause"
- relieving symptoms
- spice up your life
- the truth about HRT
- alternative treatments
- taking charge of your health
- the positive side of menopause

Chicken Soup for the Soul partners with top doctors to give you the information you need to survive-and the positive inspiration to thrive. Each book features beautifully written stories plus information on diet, lifestyle, diagnosis, procedures, caregiving, emotional issues and alternative therapies from some of the world's foremost experts.

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