



Take Control of Your Menopause: Teach Yourself 2010

By Janet Wright

Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. Teach Yourself - the world's leading learning brand - is relaunched in 2010 as a multi-platform experience that will keep you motivated to achieve your goals. Let our expert author guide you through this brand new edition, with personal insights, tips, energising self-tests and summaries throughout the book. Go online at for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry - every book gives you 1, 5 and 10-minute bites of learning to get you started. * Offers the very latest advice on both complementary and traditional therapies, including natural therapy and HRT * Gives you not only advice on coping with symptoms, but how to prevent them * Explains clearly exactly how your body is changing * Plenty of practical suggestions for nutrition, fitness and coping with emotional ups and downs * One of the few really objective guides that just tells you what you need to know * Written by an experienced health writer who'll explain all the issues in the clearest...



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