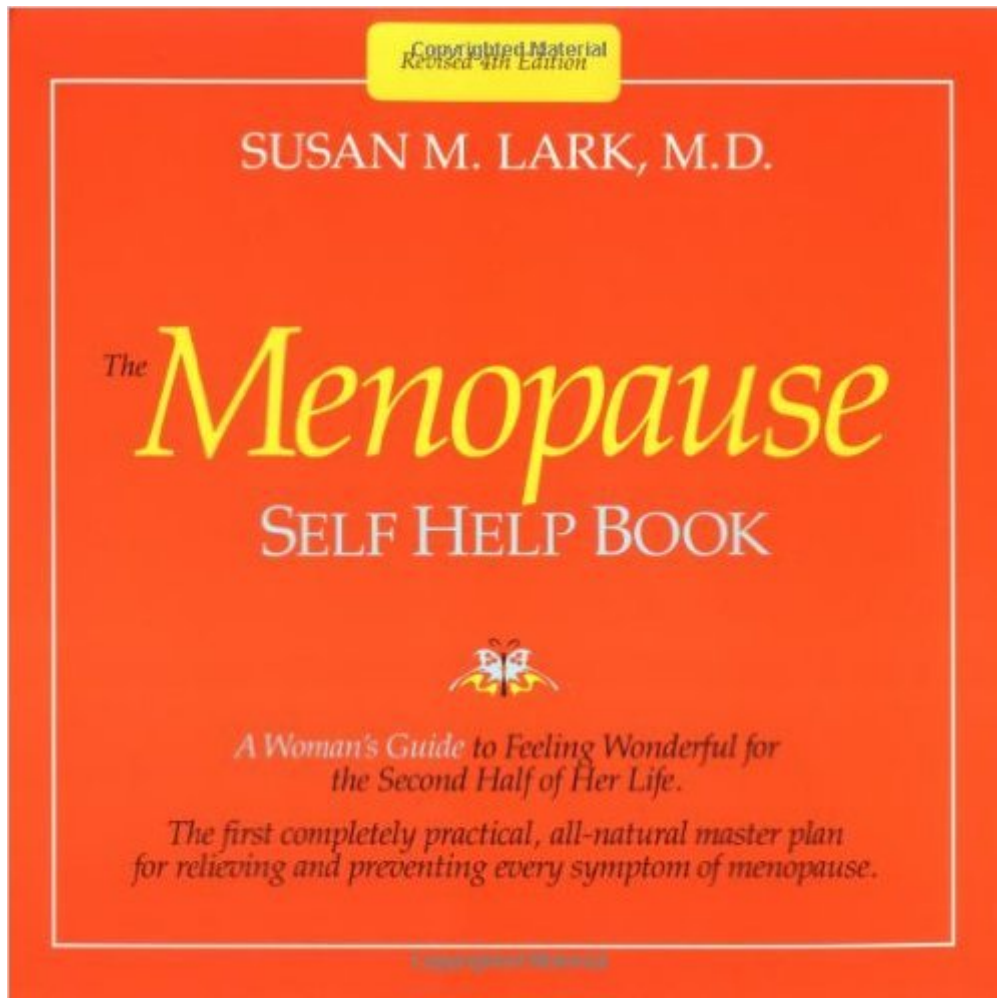


The book was found

# The Menopause Self Help Book



## Synopsis

VERY GOOD CONDITION. 1992 REVISED, UPDATED. TEXT: only writing is a few sentences on title page. COVER: almost no edge wear; two corners have very tiny curling both of cover and some pages; one small wrinkle and a few light scratches. ie: light shelf wear. overall very nice, clean. careful packing, good service, prompt shipping.

## Book Information

Paperback: 224 pages

Publisher: Celestial Arts; 4 edition (September 1, 2004)

Language: English

ISBN-10: 0890875928

ISBN-13: 978-0890875926

Product Dimensions: 8.4 x 8.5 x 0.6 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,522,414 in Books (See Top 100 in Books) #105 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #3710 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

In her comprehensive and user-friendly book on self help for menopause, Dr. Lark provides all the information women need to assist them in successfully managing menopause and achieving optimal health afterwards. She exposes the stereotype about women and aging and proves that, contrary to the myth, women find themselves "liberated" by menopause and enjoy their new-found freedom from the monthly cycle! I have not only used the book but in my book on the fitness lifestyle for women I recommend it. Thank you, Dr. Lark.

This book is good for any woman that is experiencing peri-menopause or menopause. Its a good reference book. Thank you.

Informations! book a lot of self help ideas .this is also a way to keep track o f what you need to

Very helpful for those of us who are going through the change!

Great all in one place resource with suggestions to help relieve any symptoms. ‘ • • ^

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Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Menopause Self Help Book The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems 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 God Wants You Happy: From Self-Help to God's Help Annual Tax Mess Organizer For Barbers, Hair Stylists & Salon Owners: Help for help for self-employed individuals who did not keep itemized income & ... during the business year. (Annual Taxes) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Hot Flashes, Hormones & Your Health: Breakthrough Findings to Help You Sail Through Menopause Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) The Estrogen Decision: Self Help Book Menstrual Cramps Self Help Book: Effective Solutions for Pain and Discomfort Due to Menstrual Cramps and PMS Dr. Susan M. Lark's The Menstrual Cramps Self Help Book: Effective Solutions for Pain & Discomfort Due to Menstrual Cramps & PMS FIBROID TUMORS & ENDOMETRIOSIS Self Help Book

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