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# Menopause: Your Management Your Way ... Now And For The Rest Of Your Life



## Synopsis

Yours is not your mother's menopause! She did whatever her doctor told her to do or nothing at all. You're a new breed of woman and you're not willing to settle for that. This is the book for you. You want all the information and all the options, along with guidance in tailoring them to your personal needs and preferences. And you shall have it. Whether you prefer conventional or alternative and complementary medicine, this book empowers you to manage your menopause your way. It presents the complete range of options, including diet and lifestyle, vitamins and minerals, herbs and botanicals, acupuncture, and hypnosis, as well as hormonal and non-hormonal medications, for managing your menopause. You're unique. You know yourself better than anyone else does. You've got what it takes to make your own choices.

## Book Information

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## Customer Reviews

I'm a personal trainer in Malaysia. Been in fitness industry for 27 years. Being active in my whole life (so far) I never thought I will hit a wall!!...I'm in my mid 40s now....I have experienced somethings that I never experience before these time...mood swing, hot flush, feel like strangle the guy sit next to me in cinema who never stop telling story to his lovely girl friend, "hey drive faster assxxxx!".....oppppsss was that me?! I used to be so cool and calm..what's going on with me?!?!?! OMG I'm horrible! (Can you imagine how it feels like? Can you feel me ladies?)Dr. Taylor's book was a life saver! Even though I still lost my cool sometimes but I manage it so much better now by knowing whats really going on to my body phewww. ...Thank you Doctor for the most informative menopause book ever! With your book as guideline, I'm not afraid anymore. It is another stage of

my life and I know how to manage my life in a better way without losing my COOL! :-))Thanks and loads of love xoxoElise

What I loved about this book is that "Dr. Barbie" is able to explain extremely complex matters in a way that the average reader can understand. Often skipped from other books on menopause, Dr. Barbie tackles hysterectomy in all its forms, breast cancer, and even offers a section "for the guys". This is a must have book on women's health and the various issues and phases of menopause and aging. After reading the book, I had the rare opportunity to attend a seminar given by the author. Her years of clinical experience and passion for research and healing are truly rare in the world. The book is an extension of that passion and commitment. Well done. Menopause: Your Management Your Way ... Now and for the Rest of Your Life

As a 62 year old menopausal woman, I was delighted to be introduced to Dr. Barbara Taylor's new book. Recently, my internist and others have asked about my continuing use of HRT. Although, this is a yearly conversation I have with my gynecologist, the recent queries have been on my mind. Consequently, I was thrilled to find this immediately approachable, thoughtful, original, well organized and researched book on such an important subject. Flipping at once to the subjects of greatest concern (HRT and breast cancer) I encountered specific, well thought through discussions of my concerns and alternative ways of approaching these issues. Suddenly I was armed with enormous amount of data and a logical way of tailoring it to my needs. Additionally, as a clinical psychologist in the Los Angeles area, this book will serve as a guide for my patients in their quest to understand what is occurring during menopause and offering a personal, professional and sensible guide to navigating these changes. With appreciation for a great resource! Dr. Mary Ann Rosenfeld

The title of this book says it all. It is a comprehensive guide to dealing with your menopause the way you want ... because guess what, not every woman is the same! So, Dr Taylor provides you with the tools to make informed choices in a way that personalises everything for the reader. Unlike other books, this has positivity woven throughout and as you read a chapter or use it as a reference point, you get a sense that all is not lost! The style of writing is reader friendly and I love that you can pick it up and read it how you want to ... i. e. It doesn't have to be read from start to finish, you can refer to specific issues or questions you might have. Above all it debunks the whole journey and gives someone like me a comprehensive, easy to understand reference source which is incredibly reader friendly. Oh, and coupled with the slide chart ... it really does tailor the options available to

you.Highly recommend!

I really enjoyed reading through this book. There is a lot of information out there and here it is in a concise place. I had surgical menopause at age 40 and while recovering from surgery, my mother read the book. She wishes she had such information 20 years earlier! The part about self breast exam is particularly important and I wish more OBGyns would recommend this method.

I have the great honor and pleasure of knowing Dr Barbie Taylor personally. When she introduced me to her book on menopause, I was at first embarrassed to realize how little I knew about this stage of life and the changes in my own body. Now I am amazed at how little other medical professionals seem to understand menopause and are therefore not able to support women as effectively as they could (no offense intended!). I encourage everyone - including doctors! - to read and/or consult this book. It's a terrific resource, easy to dip in and out of as the years go by ...

I highly recommend this book to any woman at any age regardless of whether you are going through menopause or not. It's a fact, it will happen to you and Dr Barbie gives the reader great insight into what to expect and how you choose to treat it. Sharing her wealth of experience and knowledge, I feel prepared and ready for menopause. I love how she dedicated the last pages to the man in your life. She really thought of everything! Read it, it will change how you experience menopause.

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