

## File Type PDF Hot Flush: Motherhood, The Menopause And Me

# Hot Flush: Motherhood, The Menopause And Me

***From the bestselling author of *Between Husbands and Friends* and *An Act of Love* comes a wise, wonderful, and delightfully witty "coming of age" novel about four intrepid women who discover themselves as they were truly meant to be: passionate, alive, and ready to face the best years of their lives. Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets'all feeling over the hill and out of the race. But in a***

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*moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double servings of chocolate cake, they vow to help each other ... And themselves. Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she's struggling with creative block and an empty, lonely house. Now she's got a tricky problem to bring to the club's table: how can they catch her perfect son-in-law cheating on her only daughter Laura' Shirley, the healer. Though her yoga-slender body belie her years, decades of dating*

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***losers and the strain of being broke make her feel her age. Shirley has a secret dream: a wellness spa that nurtures body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club. Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she's almost become one herself. Worried that her brilliant but nerdy son is about to marry the very wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results. Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are murder on her arthritic back and***

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***the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she's about to discover something extraordinary: contentment. For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it'be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they can have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date'and best of all, with a little help from her friends, a woman can always start over ... And never, ever, give up what matters most.***

***Coney destroys the myth that menopause is a***

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***disease with inevitable symptoms like depression, osteoporosis, and low sex drive. She explains what is really known about midlife health, explores the effect of society's negative views of aging, and examines the benefits and risks of common medical interventions like hormone replacement therapy, mammography, and cervical screening. After you read The Menopause Industry, you will be aware, informed, and able to make the right choices for you. Hot Flush Motherhood, the Menopause and Me Michael O'Mara Books***

***“The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for***

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***realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook.” —The North American Menopause Society A #1 New York Times bestseller when first published, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the “change” is not simply a collection of physical symptoms to be “fixed,” but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes***

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***now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women's health, including · up-to-date information on hormone testing and hormone therapy · a completely new take on losing weight and training your mind to release extra pounds · new insights on the relationship between thyroid function, Hashimoto's disease, and Epstein-Barr virus, with a new program for healing thyroid issues · all you need to know about perimenopause and why it's***

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***critical to your well-being · the latest on new, less invasive and more effective fibroid treatments · information on which supplements are better than Botox for keeping your skin looking youthful · additional advice on dealing with pelvic health issues, including pelvic prolapse With this trusted resource, Dr. Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.***

***Women in Transition***

***Surgical Menopause***

***How I Earned My Wrinkles***



## File Type PDF Hot Flush: Motherhood, The Menopause And Me

***The Essential Guide to Reducing Discomfort, Minimizing Symptoms, and Feeling your Best Women's Lives***

***Safe, Effective Alternatives to Hormone Replacement Therapy***

***Musings on Marriage, Motherhood and Menopause***

*“Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I’m about to buy it for everyone I know.” —Maggie Nelson, author of The Argonauts A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression.*

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*As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In Flash Count Diary, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and*

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*literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.*

*A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the*

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*body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a*

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*radically positive fashion, suffused with a sense of vital awakening and “re-wilding” of a woman’s sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body’s inner intuitive wisdom and heart energies, remove the “performance pressure” of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going “beyond” sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises,*

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*and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.*

*The distillation of the wisdom, insight, and practical advice gathered during Nancy London's years as a support-group leader, "Hot Flashes, Warm Bottles" is the first guidebook written for the multitudes of older moms. London recognizes that the concerns of these moms are unique, as different from those of young mothers as they are from older mothers with grown children. The story she has to impart is her own,*

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*both in its surprises and challenges, delights and triumphs, and it's one that no midlife mother should be without.*

*Penny Budoff became recognized as a pioneer in women's medical care when she wrote her now classic book *No More Hot Flashes and Other Good News*. Twenty years later, she has become even more convinced that women need medical care and health information that is right for them, not watered down versions of what is right for men. Today we see daily headlines trumpeting the results of the efforts begun by her and the other physicians concerned specifically about women: headlines about heart disease in women, breast cancer, Alzheimer's, hormone replacement therapy, osteoporosis, sexuality -- and, yes, menopause, the once unspoken word. These are the issues of her newest book, incorporating Dr. Budoff's own vast experience and the expertise of additional physicians specializing in each area of*

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*womens health. In this one volume, the reader can learn the most up-to-date knowledge about what to expect in one's middle years: why hormone replacement therapy can solve the side effects of menopause and give a woman freedom from osteoporosis, heart disease and even Alzheimer's disease; why natural estrogens and vitamins are essential; why the brain is our most important organ -- and can be kept healthy for decades; why cervical cancer is a sexually transmitted disease. All this information is accessible in this one valuable book.*

*The New Hot*

*Discourses of Menopause*

*Depression in Girls and Women Across the Lifespan*

*A Treasury of Victorious Women's Humor*

*Treatment Essentials for Mental Health Professionals*

*How Junk Science, Gender Politics, and Lies about PMS Keep Women*



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*Down*

*The Hormone Myth*

Combines ethnographic research with personal stories provide a portrait of the daily lives of people who defy violate the rules and conventions of the social norms regarding body modification, piercings and tattoos. You might have earned your wrinkles if: You are married to a Wrinkle Maker, like I am. Like me, you bought the best bathing suit of your life, then saw a maternity tag on it, and it fit! You called your gynecologist by mistake to make a dental appointment and then told her it was an emergency and you had a

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large cavity to fill. If so, we must be related. Your husband asked the plastic surgeon if he charges per wrinkle. Then he asked for a payment plan. You've reached the point where all of your children look alike. You run through the list of kid's names until one finally answers. Your brow has furrowed so long and hard while you tried to remember why you came to the store that you gave yourself new wrinkles. (Only to realize that you were there for wrinkle cream!) Sound familiar? If so, join me and let's celebrate a life filled with laughter, joy, fury, love, memory loss, pure confusion, estrogen, and lack of estrogen, hot flashes, and I forget what else

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I hope you enjoy the ride!"

Hot flashes. Vaginal atrophy. Social stigma. The comics in this unapologetic anthology prove that when it comes to menopause and its attendant symptoms, no one needs to sweat it alone. Featuring works by comics luminaries such as Lynda Barry, Joyce Farmer, Ellen Forney, and Carol Tyler, *Menopause* is the perfect antidote to the simplistic, cheap-joke approach that treats menopause as a cultural taboo. This anthology challenges stereotypes with perspectives from a range of life experiences, ages, gender identities, ethnicities, and health conditions. Other contributors include Maureen Burdock, Jennifer

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Camper, KC Councilor, MK Czerwiec, Leslie Ewing, Ann M. Fox, Keet Geniza, Roberta Gregory, Teva Harrison, Rachael House, Leah Jones, Monica Lalanda, Cathy Leamy, Ajuan Mance, Jessica Moran, Mimi Pond, Sharon Rosenzweig, Joyce Schachter, Susan Merrill Squier, Emily Steinberg, Nicola Streeten, A. K. Summers, Kimiko Tobimatsu, Shelley L. Wall, and Dana Walrath.

Are you able to laugh in the face of trials, temptations and challenges? Soft Tender-Hearted Moments? is written in Erma Bombeck style humor touching on universal female experiences like weight gain/dieting,

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fears, childbirth, motherhood, parenting, sex, post-menopause, etc. Through humor, *Soft Tender-Hearted Moments?* delves into the human heart and spirit. It will move you to laughter, and maybe even to tears. Even though *Soft Tender-Hearted Moments?* is a humor book, it also contains some jewels of truth that the author has learned along life's journey.

Menopause

Hugs for New Moms

The neuroscience of health, hormones and happiness

Your Natural Path to Healthy Babies Even in Your 40s

What to Do When Hot Flashes and Hormones Make

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You and Everyone Else Miserable  
How the Medical Establishment Exploits Women  
A Novel

Blogger Marcia Kester Doyle tells it like it is and nothing is off limits. Who Stole My Spandex? is a witty selection of stories from Doyle's madcap world of menopausal pitfalls, wardrobe malfunctions, and a family full of pranksters. This clever compilation includes laugh-out-loud pieces like "Queen of Klutz," "One Size Fits None," and "Hands off my Egg Roll!" From couples' colonoscopies to

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nightmare holidays to disappearing spandex, no topic-no matter how crazy or unimaginable-is too taboo. With a heavy dose of self-deprecating humor, and a dash of sentiment, this marvelous collection of anecdotes will resonate with anyone who's ever felt the call of nature at exactly the wrong time. Welcome to the nuthouse that Marcia Kester Doyle calls home.

Hugs for New Moms is a timeless treasure of stories about motherhood that will serve to inspire and encourage the hearts of those who

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have had or are going to have a baby. Every thought expressed in this book is designed to celebrate the most wonderful occasion in a woman's life. The thrill and joy of being a new mom is never forgotten. Make memories with this Hugs book that will reside in a mother's heart for years to come.

Newly revised and updated for this fourth edition, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife--and will continue to do so for generations to come. Dr.



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Northrup draws on the current research and medical advances in women's health, including: up-to-date information on hormone testing and hormone therapy, with new options and new research, a whole new take on losing weight and training your mind to release extra pounds, new insights on the relationship between thyroid, Hashimoto's Disease, and Epstein Bar Syndrome, new, less invasive and more effective fibroid treatments, which supplements are better than botox for keeping skin looking youthful,

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how taking the supplement Pueraria mirifica can optimize many aspects of midlife health and wellness, why older women don't need the HPV vaccine. Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment--emerging wiser, healthier, and stronger in both mind and body than ever before. -- adapted from back cover.

It's rightly said that Motherhood is one of the greatest blessings from God. To give birth to a Healthy Baby right from the day a woman

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conceives through almost a year, i.e., nine months is indeed a tough job! However, this job can be simplified by eating the right foods, consuming the right drinks and adopting the right and healthy habits. This book is a complete guide for a pregnant woman. It gives all the important facts, such as, Prior to Conception and after it, All the developments and changes that occur in the body during the First, Second and Third Trimesters of Pregnancy, The Three Stages of Labour, Breast and Breast-feeding, How to prevent a

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Pregnant woman from getting affected from AIDS or other Vaginal and Infectious Diseases, etc. Planning for a baby is a matter of pleasure and joy but on the other hand, a big duty or responsibility. Therefore, correct knowledge about pregnancy and how to deal with it provides an expectant woman, not only a painless delivery but also a healthy and jubilant baby. This is the sole aim of the book and hope it serves as a helpful guide for all women, especially the ones who are becoming a mother for the first time!

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Where Darwin Meets Hippocrates

Midlife Motherhood

Hot (Sweaty) Mamas

STILL HOT!

Natural Choices for Menopause

First-time Mothers Over Forty

Not Your Typical Menopause

**For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows everything worth**

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knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of

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puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

The Routledge Handbook of Anthropology and

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Reproduction is a comprehensive overview of the topics, approaches, and trajectories in the anthropological study of human reproduction. The book brings together work from across the discipline of anthropology, with contributions by established and emerging scholars in archaeological, biological, linguistic, and sociocultural anthropology. Across these areas of research, consideration is given to the contexts, conditions, and contingencies that mark and shape the experiences of reproduction as always gendered, classed, and racialized. Over 39 chapters, a diverse range of



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international scholars cover topics including: Reproductive governance, stratification, justice, and freedom. Fertility and infertility. Technologies and imaginations. Queering reproduction. Pregnancy, childbirth, and reproductive loss. Postpartum and infant care. Care, kinship, and alloparenting. This is a valuable reference for scholars and upper-level students in anthropology and related disciplines associated with reproduction, including sociology, gender studies, science and technology studies, human development and family studies, global health, public health,

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medicine, medical humanities, and midwifery and nursing.

Did you ever Google “pregnancy after 35” or “getting pregnant at 40” for helpful advice and inspiration on your way to motherhood?

Did your excitement and hope turn into disbelief and shock when your search turned up millions of gut wrenching stories on the risks and dangers of later pregnancies and the staggering rise of age related infertility in women? The Joy of Later

Motherhood is the much-needed antidote to all the negative hype surrounding motherhood at advanced maternal age (which is 35+). Written

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by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the third generation of women in her family who did not get the memo that conceiving a baby after 40 is dangerous, if not outright impossible—*The Joy of Later Motherhood* is: Positive, honest, deeply human, and an inspiring guide to mature motherhood that will undoubtedly boost your fertility and your chances of getting pregnant; Full of real-life stories and helpful insights of more than 40 women over 40 (and top natural fertility experts) who all had natural pregnancies and healthy babies. With love and

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candor these women tell of heartbreak-like infertility diagnosis and miscarriage—and triumph—from healing diseases to finding their faith. They share their stories in order to empower other women to approach the topic of later motherhood from a position of strength and courage and to show them what's possible and, in fact, natural. If you are looking for a medical book focused on only the physical aspect of pregnancy, this may not be the right one for you. The Joy of Later Motherhood is written by experts of a different kind. It's written from the perspective of the women who actually

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achieved what millions of women are striving for: naturally conceiving a healthy baby after 35 and, especially, after 40. You'll learn how to prepare for pregnancy, even if you choose in vitro fertilization or were diagnosed with unexplained infertility or were trying to get pregnant for years. You'll get advice on how to get pregnant naturally and what natural family planning methods worked for other women. But maybe most importantly, you'll learn that trying to get pregnant is not just a physical matter, but also a matter of the mind and maybe even your spiritual beliefs as these women attest to.

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The Joy of Later Motherhood is for you if the following rings true: You hear your biological clock ticking, but you don't want to be in a panic about it like everyone else. You are afraid that your body may fail you. Or that your contradictory thoughts—"I would love to have a baby, but I don't think I can give up my freedom!"—may influence your fertility. You feel alone and isolated because you've already experienced more than your fair share of heartache. You need different perspectives to help you go on. You wonder if it is fair to a child to have older parents and whether he'll have to shoulder

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the burden of an ailing mother or father long before his peers. Maybe you are worried or are upset. Maybe you doubt that motherhood will ever happen for you. We get it. We've been there. With our stories, we want to lovingly see you through this journey as much as we can. We've got you.

Women's Lives: A Psychological Exploration, 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women. This text offers the unique combination of a chronological approach to gender that is embedded within topical

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chapters. Cutting-edge and comprehensive, each chapter integrates current material on women differing in age, ethnicity, social class, nationality, sexual orientation and ableness. The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing, student activities, and critical thinking exercises. With over 2,100 new references emphasizing the latest research and theories, the authors continue to pique interests in psychology of women.

**Who Stole My Spandex?**  
**MOTHERHOOD...THROUGH A YEAR OF PREGNANCY**



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**The Menopause Diet Plan**

**Everything You Need to Know to Stay Healthy in the Decade Before Menopause**

**The Palgrave Handbook of Critical Menstruation Studies**

**The Joy of Later Motherhood**

**Hot Flush**

**Do you dread the days before your period? Are you curious about the latest traditional and alternative treatments that could quell your symptoms? Packed with resources, advice, treatment information, and clinical research, The Everything Health Guide to PMS helps you understand the symptoms, causes, risk factors, and types of PMS. The Everything Health**

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**Guide to PMS also gives dietary suggestions, explains the difference between PMS and more serious conditions like Premenstrual Dysphoric Disorder (PMDD), and offers a PMDD self-test, as well as authoritative advice on: What questions to ask your doctor; Treatments such as aromatherapy, acupuncture, and massage; Health issues stemming from PMS such as fibroids; Men and PMS; Perimenopause and menopause. The Everything Health Guide to PMS is a useful resource to help you feel and look your best during that otherwise challenging "time of the month. Surgical menopause is a different beast when compared to natural menopause. No worse, no better.**

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**Just different. It involves removing a sizeable chunk of our endocrine system, and yet the majority of us are sent on our way after surgery with little more advice or information than: 'lift nothing heavier than a kettle of water for six week, and refrain from sex for the same duration'. Not Your Typical Menopause is a unique collection of narratives from women with lived experience of surgical menopause. Open, honest, courageous and brutally frank. If a surgical menopause is looming for you, this book will help ensure you are better informed and better able to meet some of the unique challenges that will likely ensue. Because, when it comes to our health, forewarned is indeed forearmed, and knowledge is**

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**power.**

**"The future doesn't frighten me, but sometimes I wish there was help, a type of midlife mom roadside assistance-someone who would show up exactly when you need it and tell you how to handle the problem."**

**-Janice Stewart, mother at thirty-nine to Joshua**

**What's a woman to do when she's facing menopause, toddlers, and elder care all at the same time? Women who have "been there and done that" provide some insight in Midlife Motherhood. Offering humor, warmth, and frankness, this is a handholding guide for the uninitiated. What's on their minds: · Common fears and concerns: from Down's syndrome to being too old · Fertility challenges and what to physically**

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**expect from pregnancy · How to juggle postpartum demands-parenting, working, caring for aging parents . . . and all at once! · Getting back into shape · Hot flashes and warm bottles: coping with hormonal changes while caring for a new baby**

**Authors, moms, and fitness enthusiasts Kara Douglass Thom and Laurie Kocanda work to balance motherhood and fitness. They know other moms struggle to make exercise a priority in their lives because they speak with similarly minded women at seminars and on their blogs. It was from these conversations--and the interest in them--that the idea for Hot (Sweaty) Mamas was born. This book is perfect for every mom or mom-to-be thinking about**

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**starting an exercise program, as well as moms already pursuing their fitness goals. Hot (Sweaty) Mamas reaches a wider audience than other fitness books that merely focus on "getting your prebaby body back" by presenting advice on how to pursue fitness despite a busy schedule, how to carve out time with or without kids to work out, and how to get the support needed to pursue fitness goals. Moms who find it difficult to start or stick with an exercise program will learn how to reframe their thinking. Women who continue to work out and struggle with the guilt sometimes associated with taking "me time" will be reassured. Mothers-to-be will feel better prepared to pass a legacy of health and fitness to**

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**their children and make fitness and motherhood coexist. Thom and Kocanda reveal the secrets to being a fit mom inside Hot (Sweaty) Mamas.**

**The Wisdom of Menopause**

**Practices for Spiritual and Sexual Renewal**

**A Woman-to-Woman Guide to Pregnancy and Parenting**

**Embodied Resistance**

**The Hot Flash Club**

**Creating Physical and Emotional Health During the Change**

**The Menopause Industry**

The essential, sassy "girlfriend's guide" to cruising through menopause--by a Brit-pop party girl turned

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taboo-busting and answer-seeking menopause ambassador. Too many women think of menopause as the beginning of the end After all, hot flashes, night sweats, insomnia, brain fog, memory lapses, vaginal dryness, lack of libido, weight gain, irritability, and greater risk for heart disease and osteoporosis aren't exactly things to look forward to, right? Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the



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midst of "the change." When she launched the Megs Menopause website, it quickly became the trending online destination for pre- and menopausal women all over the world. Now, in *The New Hot*, Mathews offers the results of all her research and discussions: the latest information about hormone treatments (hormone replacement therapy and bioidentical hormone therapy), her best tips and techniques for coping with menopausal symptoms (there are officially thirty-four possible symptoms; Mathews has dealt with thirty-two ), and dishy, girlfriend-to-girlfriend advice about what to really expect when you're aging. Entertaining, stylish, and informative, *The New Hot* will be the resource women everywhere

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are talking about, learning from, and recommending to one another.

A guide to natural alternatives to hormone replacement therapy in treating and preventing the effects of menopause ranges from herbs and other holistic therapies to changes in diet and exercise regimes. Reprint.

Discourses of menopause are varied and complex, just as the lives of women themselves are diverse and multifaceted. Traditionally, menopause has signalled the end of the child-bearing years and the "change of life," a time when women might experience a great deal of change, in many ways. But menopause can also be understood as a natural physical change, or a

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time of hormonal change, or as a passage from one way of life to a different one, often accompanied by emotional flux and changes in ways women think about themselves. For this study of menopause and women's lives, using life story methodology I have gathered information, anecdotes, poems, and personal revelations through interviews conducted with ten women. Drawing on the stories of their lives, I have explored the ways women think about their experience of menopause and related aspects of their lives. The feminist poststructuralist framework I have used consists of two elements, poststructuralism and feminism. The poststructuralist framework uses theories of language and concepts of discourse,

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dualisms, subjectivity and consciousness, power, diversity, and context. Taking a feminist approach to poststructuralism enables women's voices to be recognized as meaningful within this framework, while acknowledging the possible restrictions of society's structures as well as women's agency in their personal lives and within society. From a poststructuralist perspective, the aim is to increase understanding through a multiplicity of methods, from exploring the historical background and existing research on menopause, and presenting the data in a variety of ways. In this research, the data is displayed in a form that enables readers to read and reflect on what the women say and on their creative writing,

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with minimum input from the researcher. Separately, the data is examined from the perspective of feminist sociology. The research process, for myself, was one of learning through talking with other women, delving into different forms of knowledge, and coming to think in new ways.

This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?”

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The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Menopause and the Vindication of Natural Life  
A Natural Guide to Managing Hormones, Health, and Happiness

The Routledge Handbook of Anthropology and Reproduction

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The Change Before the Change

Hot Flashes, Warm Bottles

An Introduction to Nutritional Medicine

No More Hot Flashes... And Even More Good News

Every menopause has its own story. It's time we told them

The menopause. What even is it? One big theme unites Still

Hot!'s 42 stories - that, somehow, the world doesn't ready

for this. The menopause - let alone the perimenopause - sil

isn't talked about; instead, it's reduced to a comic hot flush

More and more of us are proudly stepping free of the

menopausal closet, but the Big M is still a conversation

whispered below the radar. No one tells you it will be like t

No one prepares you for it. That silence is lifting, slowly. So

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let's be bold, let's overshare. Let's find solidarity among Sti  
Hot!'s myriad voices - wise, rebellious, measured, fierce,  
upfront - telling how the menopause is not just one story,  
many. Telling, in fact, that this is not the menopause, it is  
YOUR menopause. FEATURING Sahira Ahmad Belcher  
Yasmin Alibhai-Brown Shalini Bhalla-Lucas Sharon Blackie  
Erica Clarkson Marie Louise Cochrane Bunny Cook Tracey  
Cox Jody Day Paulette Edwards Felicity Everett Helen  
FitzGerald India Gary-Martin Tania Glyde Julie Graham  
Angie Greaves Shahzadi Harper Michelle Heaton Yvonne  
John Lorraine Kelly Jane Lewis Pinky Lilani Andrea  
Macfarlane Danusia Malina-Derben Nimmy March Alison  
Martin-Campbell Pippa Marriott Val McDermid Sharmila



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Mehta Louise Minchin Louise Newson Susie Orbach Penny Pepper Miranda Sawyer Carol Smillie Anthea Turner Melissa Wall Kirsty Wark Sayeeda Warsi Denise Welch Trinny Woodall Xinran Xue "There's a menopause club. Once you've been through it, you go, That's it, I can do anything now." KIRSTY WARK "Once we stop bleeding, once we stop having children, once we go through the menopause, it's not over. In fact, it can be a very empowering time." JULIE GRAHAM "We mustn't be scared of the menopause . . . I always say, Don't suffer in silence. Get help. There is help out there. There is understanding." LORRAINE KELLY "Many women, when they go through menopause, happen to be going through things in their life anyway. You wonder, does one galvanise the other

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TRINNY WOODALL "There is no one-size-fits-all for menopause." DENISE WELCH "It's not THE menopause. It's YOUR menopause." KAYE ADAMS

Depression in Girls and Women Across the Lifespan takes a broad biopsychosocial approach to understanding the onset and experience of depression in women. The book is structured around four major life transitions: depression during puberty and the transition to adolescence; Premenstrual Dysphoric Disorder and a woman's transition through monthly cycles depression; depression during pregnancy, postpartum, and transition to motherhood; and depression during perimenopause and the transition to menopause. Integrating cutting-edge research with a wealth of case examples and

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specific evidence-based interventions, the book expands our understanding of depression by taking into account the biological realities, psychological vulnerabilities, life stressors, and gendered cultural messages and expectations that intersect to shape the onset of depression in women's lives. Written in a clear, applicable style, *Depression in Girls and Women Across the Lifespan* enables mental health professionals to provide effective, gender-informed, depression-focused treatments that are tailored to girls' and women's unique needs.

At the age of thirty-three, Michelle Heaton, singer, TV presenter, star of the hit ITV show *The Real Full Monty*, mother and wife underwent a double mastectomy and

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hysterectomy to reduce the risk of cancer caused by the BRCA1 gene mutation. The journey that Michelle's body embarked upon following the surgeries led her into the menopause in her mid-thirties. In Hot Flush, Michelle traces her path from pop stardom with Liberty X through her burgeoning television career and how she came to discover the truth about the mutation and its consequences for her. Though her story is undoubtedly unique, what's not is her understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women - over 13 million women in the UK - estimated to be experiencing the menopause. Candid and honest, Hot Flush details Michelle's struggles with dealing with the menopause.

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in her own head as well as in her marriage, family life and work place. She details the emotional and physical challenges she has faced - the explosive moods, the hot flushes and the mourning of the loss of a woman's sex appeal. Along the way she offers real help and advice on how to stay healthy in mind and body. Inspiring, raw and unfailingly honest, Hot Flush is a candid approach to introducing your body to its next chapter.

Minimize the symptoms of perimenopause and menopause naturally through a sustainable, enjoyable eating plan, physical activity, and other beneficial lifestyle habits "My friends and well-respected colleagues have written The Menopause Diet Plan to help you feel healthier, happier, and

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more confident during this change in your life.”—Maye Musk MS, RDN, and author of *A Woman Makes a Plan* Menopause is uncharted territory for women, and it can be difficult to know how to ease the effects of hormonal changes that often start in your 40s. With honesty and optimism, *The Menopause Diet Plan* encourages a positive, fad-free approach to managing your physical and emotional health during perimenopause and menopause. It highlights current scientific knowledge about the best diet and lifestyle choices to manage your weight; keep your heart, brain, and bones healthy; and decrease the risk for cancer and other chronic conditions. It also offers natural strategies to help diminish hot flashes, manage sleep difficulties and mood swings, improve

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energy, and more. The Menopause Diet Plan takes a unique approach to eating before, during, and after menopause. Registered dietitians Hillary Wright and Elizabeth Ward provide a customizable, plant-based eating plan that is rich in protein, fiber, and other beneficial nutrients, moderate in carbohydrates, and low in saturated fat, sodium, and added sugars. Balancing evidence-based advice with real-life circumstances and personal experience, it combines the best of the world's healthiest diets with the latest nutrition research for women in the menopause transition. Recipes such as Peanut Butter Smoothie, Chicken Italiano, and Chocolate Oatmeal Energy Balls make it easier to eat delicious, satisfying foods that nourish your body. With a comprehensive

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approach to better health, The Menopause Diet Plan helps women take charge of their well-being and live life to the fullest.

A Comic Treatment

The Everything Health Guide to PMS

42 Brilliantly Honest Menopause Stories

More Orgasms Please

Five Secrets to Life as a Fit Mom

Menopause Sucks

Life in the Hot Flash Lane

*Do they call menopause "the change" because... You have to change shirts three times a day-after you've sweat through*



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*them? You have to change addresses, just to avoid all that mail from the AARP? You have to change your diet to nothing but milk and broccoli—just to get your RDA of calcium? With hot flashes, mood swings, and night sweats (oh, my!), menopause might not be your favorite phase of life. However, bestselling author Joanne Kimes is here to provide relief as welcome as hand-held fans and sweat-free sheets. In her signature, no-holds-barred style, Kimes dishes on: Dealing with a rollercoaster of emotions Anecdotes,*

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*remedies, and gentle tips to help you cope with all the physical changes you're facing How to enjoy menopausal sex Menopause brings about a whirlwind of emotional and physical transformations.*

*Menopause Sucks gives you all the info—and belly laughs—you need to cool down during this hot change of life.*

*From the bestselling author of Between Husbands and Friends and An Act of Love comes a wise, wonderful, and delightfully witty “coming of age” novel about four intrepid women who discover themselves as*

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*they were truly meant to be: passionate, alive, and ready to face the best years of their lives. Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets—all feeling over the hill and out of the race. But in a moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double servings of chocolate cake, they vow to help each other . . . and*

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*themselves. Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she's struggling with creative block and an empty, lonely house. Now she's got a tricky problem to bring to the club's table: how can they catch her perfect son-in-law cheating on her only daughter Laura? Shirley, the healer. Though her yoga-slender body belie her years, decades of dating losers and the strain of being broke make her feel her age. Shirley has a secret dream: a wellness spa that nurtures*

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*body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club. Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she's almost become one herself. Worried that her brilliant but nerdy son is about to marry the very wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results. Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are*

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*murder on her arthritic back and the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she's about to discover something extraordinary: contentment. For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it—be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they can have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date— and best of all,*

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*with a little help from her friends, a woman can always start over . . . and never, ever, give up what matters most. "The Hormone Myth is a bracing, accurate breath of fresh air. It turns conventional wisdom about hormones on its head, and provides a far more liberating view of women's health than what we've all been taught." –Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom* "Is it that time of month?" "Is your biological clock ticking?" "You're so emotional lately—are you going through menopause?"

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*We've all heard it before. From the moody menstrual monster to the menopausal maniac, the idea that women become raving lunatics when their hormones fluctuate is firmly entrenched in American culture—and deeply fueled by the media. But where exactly did this stereotype come from? How has it hurt women? And how can we move past it once and for all? In this breakthrough book, Robyn Stein DeLuca fearlessly exposes and debunks pervasive myths about women's hormones, and reveals how flawed, outdated research and sexism*



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*have joined forces throughout history to keep women “in their place.” With a revolutionary exploration of women’s hormonal lives—from menstruation to childbirth to menopause—DeLuca shines a much-needed light on the lies that have impacted women. Now more than ever, it’s time to resist the myth that women are ruled by their hormones. It’s time for women to take charge of their lives. And it’s time for women to own their emotions in a healthy and realistic way.*

*“A sassy, accurate, and enormously helpful*

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*romp through the midlife transition known as menopause . . . I highly recommend it to all women who want to embrace all the possibilities offered by this change, including vibrant health, a sense of humor, a renewed sense of purpose, and the best sex of your life.”—Christiane Northrup, MD, #1 New York Times bestselling author of The Wisdom of Menopause Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should*

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*live in fear, suffer silently, or medicate ourselves unnecessarily through this natural hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the midst of “the change.” When she launched the Megs Menopause website, it quickly became the trending online destination for pre- and menopausal women all over the world. The New Hot is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including: •*

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*The latest information about hormone therapy and bioidentical hormone therapy • Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!) • Dishy, girlfriend-to-girlfriend advice about what to really expect when you're aging Honest, stylish, and informative, The New Hot will help you take on menopause—and keep you sense of self, style, and humor intact.*

*A Psychological Exploration*

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*Cruising Through Menopause with Attitude and Style*

*The Wisdom of Menopause (4th Edition)*

*The Women's Brain Book*

*Motherhood, the Menopause and Me*

*Flash Count Diary*

***The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often***

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***misdiagnosed, symptoms of perimenopause – from mood swings and stubborn extra pounds to hot flashes and insomnia – that precedemenopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being: • Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by***

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***solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!***

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***Mischief, Miracles, Motherhood, and Menopause shares the stories of where author Julie B.s life has taken her and what she has learned from each experience. Dubbing herself The Maverick Messenger, she is a therapist, artist, singer-songwriter, author, wife, mother, and recovering alcoholic. She tells humorous and touching tales of being the baby of her family, dealing with the realities of flat-chestedness, surviving the pregnancy and birth of twins, and dating again after a divorce. She offers her take on being an overwhelmed mother of***



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***three teenagers while mired in the hormonal hell of menopause. Julie also candidly shares painful and heartfelt stories about her rape at age twelve, her experiences with drinking through the ten years that covered her twenties, and her journey through recovery and divorce as well as two miscarriages, a house-fire, three hurricanes, and her father's death. Although each experience was devastating in its own right, as a whole they have given her a down-to-earth perspective on love, faith, and relationships. She hopes to inspire others to reevaluate their own***

***lives and relationships with an open mind and heart. Her light-hearted, humorous perspective on a variety of subjects from adolescence to alcoholism will keep you laughing and crying at the same time.***

***A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a***

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***mission 'to make life better one orgasm at a time'. Their debut book, More Orgasms Please is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, More Orgasms Please is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.***

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***This book imagines a meeting between Charles Darwin and Hippocrates, the ancient Greek father of medicine, supposing that any dialogue between these two great thinkers should be quite sensational. It presents a short dialogue at the start of each chapter to act as an introduction to the topic discussed. With the help of Darwin and Hippocrates, it covers some of the main areas of the large topic of nutritional medicine, and especially some of the more controversial topics such as the use of nutritional supplements, the efficacy of***

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***probiotics and when to categorise a food as “junk food.” Any reader who wants to know what constitutes nutritional medicine (as opposed to homeopathy and herbalism) will find this book a useful introduction to the subject. For those wanting to read up on the subject in greater detail, the appendix of the text includes a comprehensive reading list.***

***Soft Tender-Hearted Moments?***

***Why Female Pleasure Matters***

***Mischief, Miracles, Motherhood, & Menopause***

***Stories, Sayings, and Scriptures to***

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Menopause And Me

***Encourage and Inspire  
Tantric Sex and Menopause  
Challenging the Norms, Breaking the Rules***