

Menopause: Answers at Your Fingertips (At Your Fingertips S.) (Paperback) - Common

By (author) Heather Currie

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The menopause is a natural part of every woman's life. Some of us breeze through it without a problem. This book shows that there are many ways we can improve and even banish our symptoms. It answers over 160 questions from real women and encourages you to use the information to manage your menopause in a way that suits you and your lifestyle.

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