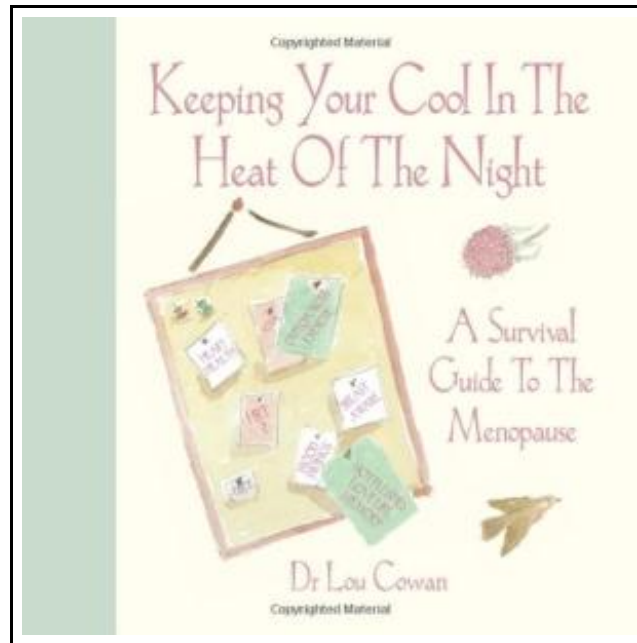


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KEEPING YOUR COOL IN THE HEAT OF THE NIGHT: A SURVIVAL GUIDE TO THE MENOPAUSE



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Robin House Books. Paperback. Book Condition: new. BRAND NEW, Keeping Your Cool in the Heat of the Night: A Survival Guide to the Menopause, Lou Cowan, In this delightfully illustrated and hugely enjoyable medical book, Dr Lou Cowan offers a new way of explaining and presenting a difficult subject, in an easy and enjoyable format. It combines authoritative and unbiased information in a style that is completely accessible to the non-medic. Most women find the menopausal years a challenging time of life, physically, emotionally and relationally; this much needed book provides the answers, support and comfort you would want from your own doctor, with current medical information on the management of the menopause and related conditions. It addresses the worries and questions about HRT, provides advice on the prevention of osteoporosis and gives emotional and relationship advice in the most captivating and uplifting of reads. Other topics addressed include alternative therapies, general health, dietary and exercise advice together with a glossary of terms, useful resource links and beautifully coloured pages for your own notes. The use of fun yet supportive colour illustrations throughout sets this work apart. It is ideal for any woman, or their loved ones, who want to understand the signs, symptoms and treatments of this challenging time of life. It will leave you informed and equipped.



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