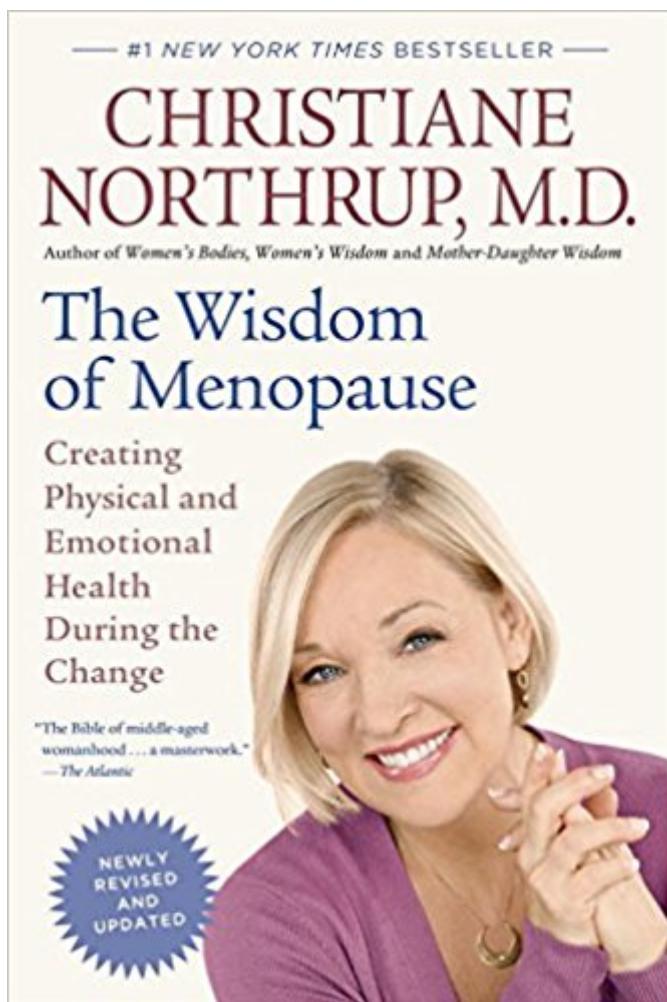


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The Wisdom Of Menopause (Revised Edition): Creating Physical And Emotional Health During The Change



Synopsis

Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* 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. Northrup has championed, 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 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. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women’s health, and includes a new section on sex after 50—and how, if need be, you can rejuvenate your sex life—updated mammogram guidelines—and how thermography improves breast health—the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes—dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity—all you need to know about perimenopause and why it’s critical to your well-being—a vital program for ensuring pelvic health during and after menopause—strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, 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.

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General

Customer Reviews

Praise for the works of Christiane Northrup, M.D. • The Wisdom of Menopause • One menopause book does rise above the rest. Now celebrating its 10th anniversary, [The Wisdom of Menopause] is the bible of middle-aged womanhood. • Sandra Tsing Loh, *The Atlantic* "The Wisdom of Menopause offers an honest look at the menopausal transition. This is sometimes painful, sometimes humorous, but never boring. If you are looking for 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 • Northrup writes from experience and, more important, from her professional expertise as a physician who has treated many women and researched menopause. The specific medical advice on sleep, diet, breast health and the empowerment motif will bring insight, comfort and confidence to women embarked on the change. • Publishers Weekly Women • Bodies, Women • Wisdom • "I recommend Women • Bodies, Women • Wisdom to all women and also to all men who want to understand and nourish the women in their lives. • Deepak Chopra, M.D., author of *Reinventing the Body, Resurrecting the Soul* • "A masterpiece for every woman who has an interest in her body, her mind, and her soul. • Caroline Myss, Ph.D., author of *Defying Gravity*

Christiane Northrup, M.D., is also the author of the New York Times bestseller • *Women • Bodies, Women • Wisdom* and *Mother-Daughter Wisdom*, and the host of seven public television specials. A board-certified OB/GYN and past president of the American Holistic Medical Association with more than twenty-five years of clinical and medical teaching experience, Dr. Northrup is a pioneer in the partnership between conventional and complementary medicine. Her work has been featured on *The Oprah Winfrey Show*, *Today*, and *Good Morning America*, among many others. She lives in Maine and is the mother of two adult daughters.

I wish I would have known what I've learned so far with this book when I started my perimenopause 30+ years ago. It would have saved me a lot of emotional distress. I recommend this book to any

woman over 30 years of age who might be starting her perimenopause. It is a good tool in the understanding of women body changes as we grow older but not old.

This book changed my life in a huge way! (and a positive one!) Just knowing WHY all these things are happening gives me terrific perspective to make informed decisions and/or changes in my life. Both women and men who love women will benefit from this book. Don't let the 700+ pages intimidate you - if you don't have the symptoms that some of the chapters are about then you simply skip over them.

Dr. Northrup is a pioneer in womens' health and her books are always fraught with uplifting messages and sound advice on health and wellness. I love that she shows women how to connect to their bodies through our own inner wisdom. I have learned more about how my body works through Dr. Northrup than anyone else.

I read this book for continuing education credits but have since recommended it to many friends, co-workers and patients. It was well written, covered the topic well and gave a full and positive overview of menopause. It tells you what can happen and some ideas about what to do about it. It was a long book but it is broken down nicely into bite size chapters and sections with sections well labelled so you can read them all or turn to what you are looking for. There are a lot of stories to illustrate the authors points as well as medical facts to back everything up. It was easy to understand and didn't make menopause look like a nightmare like I've heard a lot of other books do. That being said, this is the first book I personally have read on the topic.

takes a while to get to the point shares too much information about her personal life but, at the end she does get to the source of what you need to hear. I personally do not have some of the frustrations she describes in her personal life but there are other women who have. The book can be very useful to all women. In short yes I would highly recommend.

Good book. Totally different view of menopause.....she actually turns it into a positive. Only complaint is that the book is too long and gets too technical with the medical information at times.

Give this a listen if you're coming into your menopausal years. Dr. Northrop gives perspective on many issues women face as they are entering the latter years of career and health. I found her

thoughts on mid-life madness quite compelling, and her frankness regarding love and marriage will undoubtedly help many a woman figure out why their relationships have changed.

Very informative but you have to wade through a lot of psychology / spirituality / new-agey stuff. I wasn't looking for that, so it just cluttered up the book for me. But if you want all that, it seems to be well written. The non-psych stuff was also well written, comprehensive, and very helpful in my quest for answers about supplements, hormones, symptoms, etc.

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