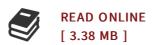




Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life

By Carolle Jean-Murat

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life, Carolle Jean-Murat, Smart women must educate themselves about menopause and the risks and rewards of taking hormone replacement therapy (HRT), nutritional supplements and homeopathic therapies. This book will address the current needs and concerns of midlife women, empowering you to make the right decisions. Using questionnaires and simple flow charts, you will circumvent the confusion surrounding menopause and HRT. With humour, candor and plain nontechnical language, Dr Jean-Murat addresses many concerns of women today. It includes a chapter on 'healthy ageing' by Louise L. Hay.



Reviews

Merely no words and phrases to explain. I was able to comprehended almost everything out of this created e publication. I am quickly will get a satisfaction of studying a created ebook.

-- Cleta Doyle

This composed ebook is wonderful. I could comprehended almost everything out of this composed e ebook. You may like just how the blogger publish this ebook.

-- Dr. Cesar Marquardt Jr.