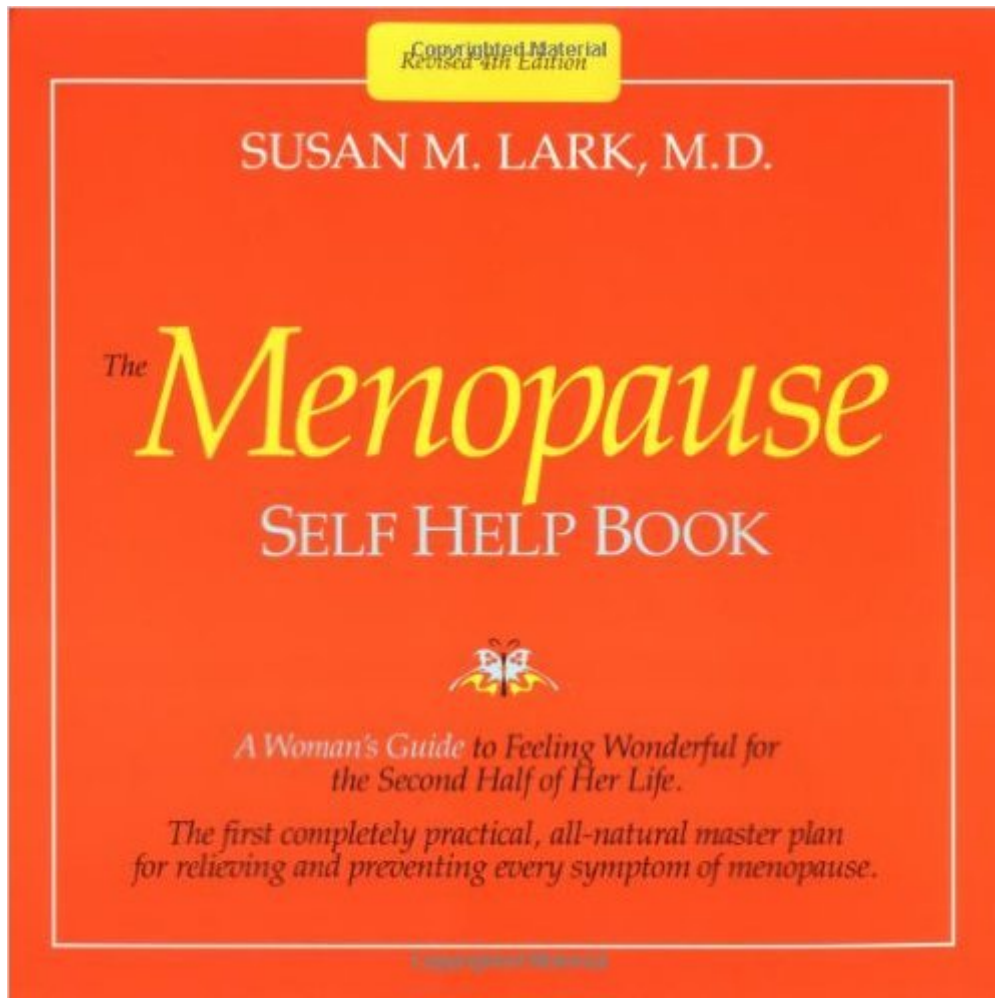


The book was found

The Menopause Self Help Book



Synopsis

VERY GOOD CONDITION. 1992 REVISED, UPDATED. TEXT: only writing is a few sentences on title page. COVER: almost no edge wear; two corners have very tiny curling both of cover and some pages; one small wrinkle and a few light scratches. ie: light shelf wear. overall very nice, clean. careful packing, good service, prompt shipping.

Book Information

Paperback: 224 pages

Publisher: Celestial Arts; 4 edition (September 1, 2004)

Language: English

ISBN-10: 0890875928

ISBN-13: 978-0890875926

Product Dimensions: 8.4 x 8.5 x 0.6 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,522,414 in Books (See Top 100 in Books) #105 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #3710 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

In her comprehensive and user-friendly book on self help for menopause, Dr. Lark provides all the information women need to assist them in successfully managing menopause and achieving optimal health afterwards. She exposes the stereotype about women and aging and proves that, contrary to the myth, women find themselves "liberated" by menopause and enjoy their new-found freedom from the monthly cycle! I have not only used the book but in my book on the fitness lifestyle for women I recommend it. Thank you, Dr. Lark.

This book is good for any woman that is experiencing peri-menopause or menopause. Its a good reference book. Thank you.

InformationsI book a lot of self help ideas .this is also a way to keep track o f what you need to

Very helpful for those of us who are going through the change!

Great all in one place resource with suggestions to help relieve any symptoms. ‘ • • ^

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