



Is it Hot in Here? Or Is it Me? The Complete Guide to Menopause

Pat Wingert Kelly, Barbara Kantrowitz

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It's not your mother's menopause. Some women live through it and never miss a beat. Others suffer so many symptoms—severe hot flashes, sleeplessness, mood swings—that they have trouble functioning. But what all women have in common is a need to know what to expect and how to understand this phase for its inherent promise: as a grand beginning to the second half of life.

By poring over the latest research, interviewing doctors and scientists, attending conferences, and talking to other women, Pat Wingert and Barbara Kantrowitz offer the everything-you-need-to-know guide to menopause. *IS IT HOT IN HERE? OR IS IT ME?* is accessible, comprehensive, practical, reassuring, scientific, and written in the lively, smart voice of friends helping friends.

First comes the overview: the beginnings of menopause, including why knowing if you're actually in menopause can be so tricky; the stages of menopause and their typical duration; the role of hormones and the viability of hormone therapy; when and why to seek treatment, the risks involved, and a primer on pills, creams, patches, shots, and bioidenticals.

Then, at the heart of the book, two essential sections: "What You're Feeling Now," which offers the relief of solid information on the symptoms of your menopausal life—hot flashes, insomnia, mood swings, bleeding, memory loss, and those inexplicable glitches in thinking that make you feel like a kid with ADD—plus the comfort of advice on what to do. And "Staying Healthy Forever," a jam-packed guide to caring for your changing body: It begins by trusting your knowledge of yourself, then learning the things to do to ensure a long and healthy future, one in which you look your best and feel your best.

No matter what your path through menopause, the experience is one of great change: and now for this great change, great help.

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Michael Yancey:

Reading can called head hangout, why? Because if you are reading a book especially book entitled *Is it Hot in Here? Or Is it Me? The Complete Guide to Menopause* your mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely can become your mind friends. Imaging each word written in a publication then become one form conclusion and explanation which maybe you never get prior to. The *Is it Hot in Here? Or Is it Me? The Complete Guide to Menopause* giving you yet another experience more than blown away your head but also giving you useful info for your better life with this era. So now let us teach you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Terry Buehler:

This *Is it Hot in Here? Or Is it Me? The Complete Guide to Menopause* is great reserve for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it information accurately using great arrange word or we can say no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only provides you with straight forward sentences but hard core information with beautiful delivering sentences. Having *Is it Hot in Here? Or Is it Me? The Complete Guide to Menopause* in your hand like getting the world in your arm, info in it is not ridiculous a single. We can say that no e-book that offer you world within ten or fifteen small right but this reserve already do that. So , this is certainly good reading book. Hello Mr. and Mrs. busy do you still doubt that will?

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