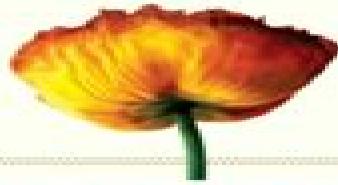


Before Your Time: The Early Menopause Survival Guide

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*The Early Menopause
Survival Guide*

EVELINA WEIDMAN STERLING, PH.D.,
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The Madwoman in the Volvo Sandra Tsing Loh, 2014-04-29 From an imaginatively twisted and fearless writer Los Angeles Times a hilarious memoir of middle age In a voice that is wry disarming and totally candid Sandra Tsing Loh tells the moving and laugh out loud tale of her roller coaster through the change This is not your grandmother s menopause story Loh chronicles utterly relatable everyday perils raising preteen daughters weathering hormonal changes and the ups and downs of a career and a relationship She writes also about an affair and the explosion of her marriage while managing the legal and marital hijinks of her eighty nine year old dad The upbeat conclusion it does get better *Our Bodies, Ourselves* Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York

Times as a feminist classic this comprehensive guide to all aspects of women's sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women's health movement around the world and remains as important and relevant as ever Providing detailed and empowering information on women's reproductive health and sexuality this latest edition of Our Bodies Ourselves shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health and the health of your partner

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