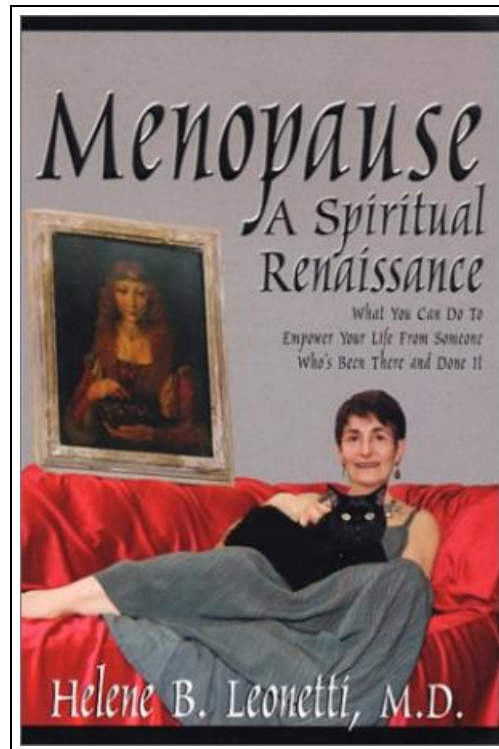


Menopause: What You Can Do to Empower Your Life from Someone Who's Been There and Done it



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These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Prof. Lenna Beatty III)

MENOPAUSE: WHAT YOU CAN DO TO EMPOWER YOUR LIFE FROM SOMEONE WHO'S BEEN THERE AND DONE IT



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Bridger House Publications Inc. Paperback. Book Condition: new. BRAND NEW, Menopause: What You Can Do to Empower Your Life from Someone Who's Been There and Done it, Helene Leonetti, As a registered nurse, Dr Helene Leonetti recalls having to stand and offer her chair to the doctor when he entered the room. Her journey from that day to this has been a long one and not without almost overwhelming trials. During her transition from nurse to physician to holistic and herbal healer, Dr Leonetti was brought to her knees by a life-threatening depression, which occurred synchronistically during menopause. Struggling out of the darkness, Dr Leonetti turned her time of menopause into a hallowed, precious phase of spiritual growth. She now offers others the lighted pathway to their own healing and self-empowerment. Dr Leonetti has a way of loving unconditionally and leading her patients toward practical control of their own body-mind-spirit health. Funny, touching and practical, this book is a must read for women of all ages and for the men and women who love them.



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