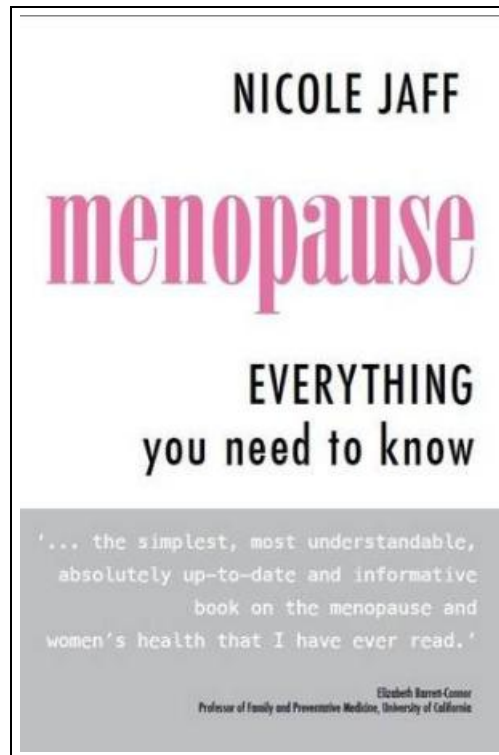


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Bookstorm. Paperback. Condition: New. 280 pages. Dimensions: 9.1in. x 6.1in. x 1.2in. Nicole has tremendous empathy for helping women understand what is happening to them during menopause and her empowering approach to wellness means women walk away knowing and believing menopause can be a positive time of vibrant health and happiness. Frith Thomas, *Woman and Home* The pressure on women to remain forever young can make menopause a time you approach with dread. The thought of battling with hot flushes, uncontrollable weight gain, brittle bones, mood swings and memory loss can plunge you into depression. Is menopause really the end of life as you know it Nicole Jaff understands the pressures and the confusion experienced by women in menopause or approaching menopause and acts as their guide through the maze of conflicting theories, the advertisements of companies offering cure-alls and the array of medical options offered by doctors. In her trademark style - thoroughly researched, clearly written and with an essential touch of humour -- Nicole explains the theories, the claims and the myths surrounding menopause. She uses numerous case studies of the women who have come to her for counselling to illustrate womens concerns to support her central theme -- each woman is different and so the treatment of menopausal symptoms needs to be customised for her, a one-size-fits-all approach is of no benefit to women. Nicole addresses all the issues that midlife women raise in her workshops and in private consultations: Why do I get hot flushes and will they ever end My doctor has recommended a total hysterectomy -- what does this mean Is it safe to take hormone therapy, or does it cause cancer Does menopause mean my sex life is over Arent natural hormones better than hormone therapy Will I never be thin again Im so...



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