



The Midlife Bible: A Woman's Survival Guide (2nd Revised edition)

By Michael P. Goodman

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, The Midlife Bible: A Woman's Survival Guide (2nd Revised edition), Michael P. Goodman, After 35 years of listening to women, Dr. Goodman covers every topic relevant to a woman's concerns: PMS, bleeding problems, bone density, pelvic support issues, fatigue syndromes, irritable bowel, insomnia, psychological 'blahs,' and the dilemma of childlessness at midlife. It includes honest information about breast cancer and an open discussion about sexuality. Dr. Goodman explains and offers relief from the 'perimenopausal crazies' and, most importantly, simplifies the hormone replacement therapy decision with a full discussion of prescription hormones, bio-identicals and compounded preparations, and non-hormonal alternatives. Included is the latest on progesterone: is it unsafe at any speed? "The Midlife Bible" is an invaluable, accessible little gem-truly a complete 'survival guide. The book helps women not only survive but thrive throughout their perimenopausal and menopausal years. As benefits, they will: have more energy; improve their memory; sleep better; enjoy sex again; look and feel better; and eliminate hot flashes.



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

-- Paolo Spinka

This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication.

-- Miss Fanny Osinski V