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MENOPAUSE: CHANGE, CHOICE AND HRT



Rockpool Publishing. Paperback. Book Condition: New. Paperback. 242 pages. From a gynecologist and menopause researcher of 40 years, a guide empowering women with the knowledge to make health decisions around menopause that suit their needs and lifestyle. A woman's menopause is part of her aging process, the beginning of a journey of personal change and growth. However, this new stage of life and how to deal with the emotional and physical changes of it does not come with a road map. This...

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- Authored by Margaret Stephenson Meere
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