



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

Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.

-- Forest Little

Completely essential study publication. This is for anyone who statte that there was not a well worth reading through. I am very easily could get a satisfaction of reading through a written publication.

-- Hallie Stanton