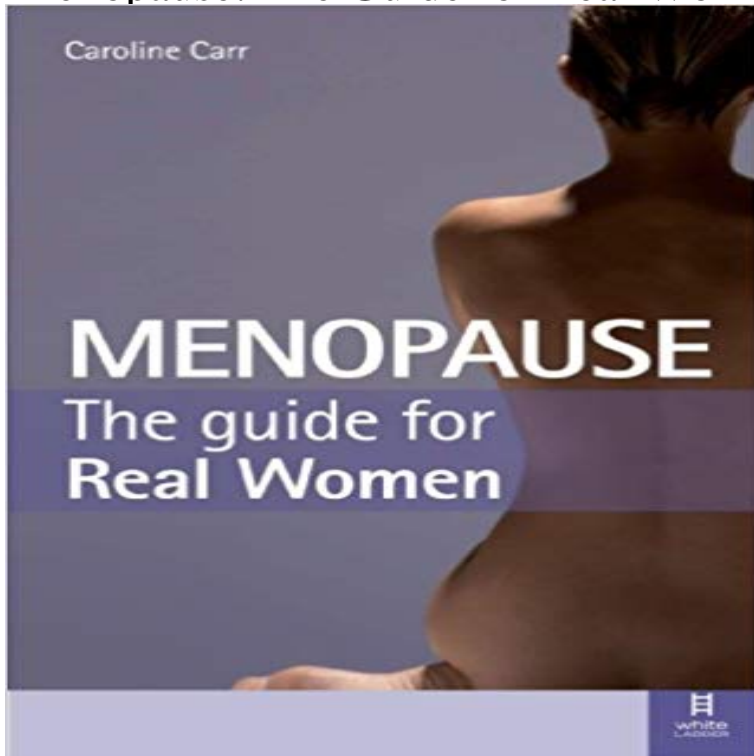


Menopause: The Guide for Real Women



Hot flushes, mood swings, weight gain: is this what the menopause means to you? Well let us give you the good news. Caroline Carr has been through the menopause herself and has spoken to medical experts, health practitioners and real women like you, to bring you the best advice on staying upbeat throughout this stage of your life. She explains everything you need to know to help you decide what's best for you: What happens to your body, and when; Choosing treatments, from HRT to complementary therapies; Premature and early menopause; How your partner can support you; Life after menopause!

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