

A GUIDE TO HEALTH AND WELLBEING FOR WOMEN

THE MENOPAUSE BOOK



Weighing the pros and cons of hormone replacement therapy
Enjoying the sexual and emotional freedoms of menopause
Preventing and detecting osteoporosis, heart disease, and breast cancer
Maintaining health and happiness in later years

Sheldon H. Cherry, M.D.
Author of Understanding Pregnancy and Childbirth
Carolyn D. Runowicz, M.D.

Menopause A Guide To Health And Well Being For Women

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