



Staying Sane When You're Going Through Menopause

Pam Brodowsky, Evelyn Fazio

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They took away hormone replacement therapy and now hot flashes are back with a vengeance. What's a menopausal gal to do? If you're tired of fanning yourself in meetings or in line at the grocery store, cool your heels and take pleasure in these stories that provide inspiration and humor from those who have gone to the front lines of the battle--and survived. Here's how other savvy, sexy women have tamed the mid-life demons and stayed lean, even keeled, and in charge of "the change"!



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Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Staying Sane When You're Going Through Menopause can be very good book to read. May be it can be best activity to you.

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