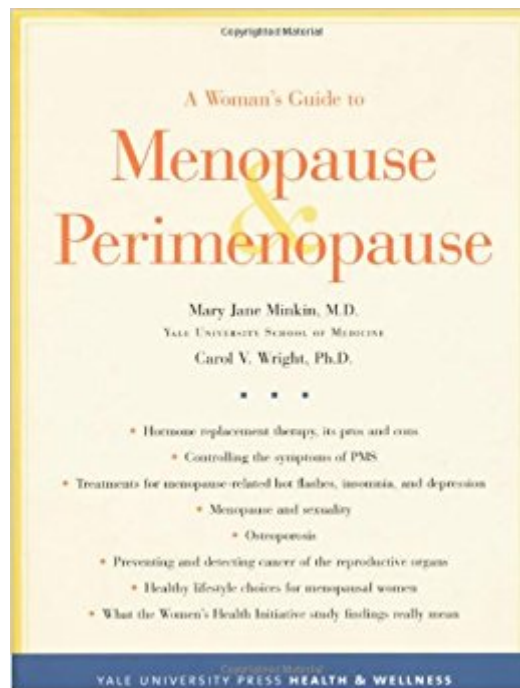




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# A Woman's Guide To Menopause And Perimenopause (Yale University Press Health & Wellness)



## Synopsis

Recent groundbreaking research has provided abundant new information on menopause and how women should approach it. This book carefully considers all these findings, explains in detail what we now know about menopause and its treatment, and offers sound guidance for women dealing with the physical and emotional health issues surrounding menopause. Menopause specialist Dr. Mary Jane Minkin, nationally known not only for her expertise but also for her approachability, answers all the questions about menopause that women want—and need—to ask their health care providers. Dr. Minkin presents scientifically grounded information, explained helpfully and in a non-judgmental manner.

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