

# [PDF] Our Bodies, Ourselves: Menopause

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## Books Details:

Title: Our Bodies, Ourselves: Menopa

Author:

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Language:

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## Description:

**From Publishers Weekly** Readers familiar with *Our Bodies, Ourselves*, first published in 1970, will find the same comprehensive, balanced and empowering approach in this volume. The authors consider menopause within the totality of women's health and as a natural process, not a medical problem. They detail typical menopausal symptoms, mainstream and alternative treatments, and risk factors for such conditions as osteoporosis, heart disease, cancer and diabetes as women age. They explain the biology of menopause; provide up-to-date perspectives on hormone replacement therapy (HRT); discuss sudden and early menopause due to surgery, medical treatments or genetic risk factors; and offer personal reflections by individual women. The sections on how to evaluate research findings; make wise health-care decisions; understand the social, cultural, economic and political frameworks in which women's health care is viewed and formulated; and nurture the self—mind, body and spirit—during years of change on all levels will prove most useful. As a general reference on menopause, this volume will be embraced by a wide female audience. (Oct.)

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**Review** "Our Bodies Ourselves has done it again!...Our beloved guides to our own bodies...lead us through menopause with this detailed, inclusive, and woman-centered book -- a must-read for every woman in her middle years."

-- Helen Zia, author of *Asian American Dreams: The Emergence of an American People* and former executive editor of *Ms. Magazine*

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