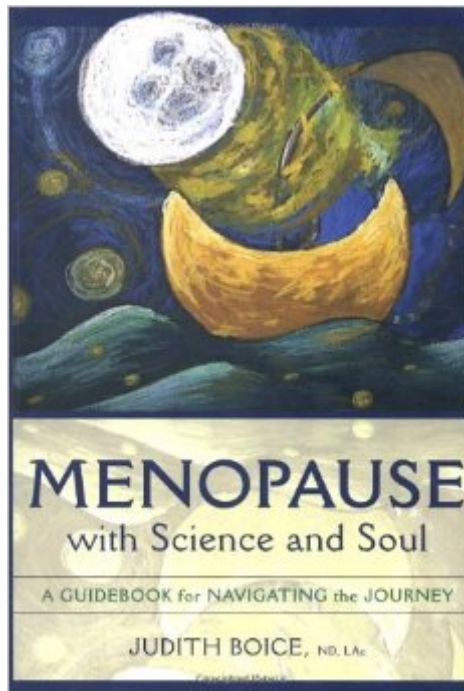


The book was found

Menopause With Science And Soul: A Guidebook For Navigating The Journey



Synopsis

Integrating modern medicine and ancient spiritual wisdom, *MENOPAUSE WITH SCIENCE AND SOUL* is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun Wind, Vicki Noble, Carol Bridges

Book Information

Paperback: 288 pages

Publisher: Celestial Arts; 1 edition (April 1, 2007)

Language: English

ISBN-10: 1587612917

ISBN-13: 978-1587612916

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #1,482,240 in Books (See Top 100 in Books) #103 in Books > Health, Fitness & Dieting > Women's Health > Menopause #3013 in Books > Health, Fitness & Dieting > Aging #3629 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This book combines medical information with thought-provoking information to navigate through the transformational journey of menopause. Would recommend reading this during peri-menopause or before.

[Download to continue reading...](#)

Menopause with Science and Soul: A Guidebook for Navigating the Journey Menopause and the Mind: The Complete Guide to Coping with Memory Loss, Foggy Thinking, Verbal Confusion, and

Other Cognitive Effects of Perimenopause and Menopause The Menopause Makeover: The Ultimate Guide to Taking Control of Your Health and Beauty During Menopause The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems The Menopause Bible: The Complete Practical Guide to Managing Your Menopause Federal Resume Guidebook: Strategies for Writing a Winning Federal Resume (Federal Resume Guidebook: Write a Winning Federal Resume to Get in), 5th Edition The Lean Design Guidebook: Everything Your Product Development Team Needs to Slash Manufacturing Cost (The Lean Guidebook Series) Chicken Soup for the Soul in Menopause: Living and Laughing through Hot Flashes and Hormones The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years The Complete Cardinal Guide to Planning For and Living in Retirement: Navigating Social Security, Medicare and Supplemental Insurance, Long-Term Care, ... Post-Retirement Investment and Income Taxes Chicken Soup for the Kid's Soul: 101 Stories of Courage, Hope and Laughter (Chicken Soup for the Soul) Chicken Soup for the Cat Lover's Soul: Stories of Feline Affection, Mystery and Charm (Chicken Soup for the Soul) Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline Chicken Soup for the Kid's Soul: Stories of Courage, Hope and Laughter for Kids ages 8-12 (Chicken Soup for the Soul) Soul to Soul: Fourteen Gatherings for Reflection and Sharing Chicken Soup for the Teenage Soul: Stories of Life, Love and Learning (Chicken Soup for the Soul) Chicken Soup for the Teenage Soul III: More Stories of Life, Love and Learning (Chicken Soup for the Soul) Chicken Soup for the Nurse's Soul: Stories to Celebrate, Honor and Inspire the Nursing Profession (Chicken Soup for the Soul) Painting for the Soul: Soothe your soul, expand your imagination, and paint your way to colorful, creative expression The Power of Soul: The Way to Heal, Rejuvenate, Transform and Enlighten All Life (Soul Power 3)

[Dmca](#)