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A HEADS UP FOR WOMEN WHO CAN
NO LONGER EXPECT TO BE EXPECTING

PERIOD THE END



Wit, Wisdom, and Practical Guidance
for Women in Menopause—and Beyond

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Linda Condrillo

Period. The End: Wit, Wisdom, and Practical Guidance for Women in Menopause--and Beyond



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A HEADS UP FOR WOMEN WHO CAN NO LONGER EXPECT TO BE EXPECTING Looking for a reserve that blends practical details from menopausal ladies, accompanied by professional advice from specialists? And do you want jokes with that? The End: Wit, Wisdom and Useful Guidance for Ladies in Menopause—and Beyond. Enter Period. Period. THE FINISH: Wit, Wisdom, and Practical Guidance for Women in Menopause—and Beyond, I had sizzling hot flashes. Period. THE FINISH is filled up with contributions from noted authors and experts in gynecology, sex therapy, osteoporosis, acupuncture, diet, aromatherapy, professional organizing, and more. That is a must-read publication for men and women. The E-book contains helpful clickable links to apps and websites for resources, including products created by women, for women. I highly recommend to all or any my lady close friends! Linda's humor and strategy will spice up many conversations about menopause and the importance of self-care. The End delivers the skinny on fat gain, popular flashes, bone loss, sleep deprivation, memory reduction, anxiety, lost libido, urinary incontinence, and a complete host of other annoying symptoms of menopause—and offers plenty of choices on how best to survive—and thrive during this final chapter of womanhood.com and MastersInLife. I want my 2nd and 3rd wives had read this book. Come, stand in front of the open up freezer with me. . with wit, gentleness and a particular je ne sais quoi .—Jesse Kornbluth, HeadButler.”— Linda Sharp, Humorist and Writer of Stretchmarks On My Sanity Every female will see something useful within this readable book which just would go to show you, there doesn't need to be a crisis in mid-existence!—Karen Salmansohn, Author and Creator of NotSalmon. Along with each and every reality about “Aunt Flo,” Linda Condrillo serves up the personal encounters of survivors (“I would blow-dry my hair, and when I had finished, it was all wet again”), the occasional tune lyric (“Menopause performed me incorrect/ I can't fit in my thong”), and, on every page, sensible and sane assistance.com What a refreshing read. This wisdom packed book offers a light-hearted, comprehensive summary of what things to expect and how to manage through a stage that is usually considered difficult and frightening for most ladies. The End I'm male, but as I read Period. Quality recipes, cartoons, and humorous experiences from ladies who have dared to share and bare each is also dispersed throughout this lighthearted, easy-to-read publication on the switch of lifestyle.—Valorie Burton, Author, Loudspeaker and Lifestyle Coach A humorous look at menopause – the period at the end of each woman's life .com Period. . The End sweeps in such as a great breeze in a popular flash providing essential laughter, reassurance, and an invisible sisterhood whispering, “You're not alone. . .Compliment for Period.—Annie Kelleher, Author



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Run, don't walk to understand this book! Wow, I thoroughly enjoyed scanning this book. This publication will help you erase that dread and get on with your lifestyle. It's full of great assistance to take the advantage off "the changes." The writer makes a once taboo subject matter, easier to understand with information and humor. Great job, Many thanks Linda!. Condrillo hits the nail on the head with regards to menopause. and recipes to greatly help the flashes. I came across it refreshing and just an enjoyable read for something most females dread.and purchase one for a friend as long as you're at it. Well done! It'll be a beginning, no end. A menopause sufferers best friend! We go all through it, so get educated on what things to expect, and find out steps to make it through menopause with a smile on your own face. A must browse for pre and post menopausal women, awesome info! Run don't walk to get Period, THE FINISH Ms.. Info is provided in a very easy, relatable fashion. So informative yet fun to read simultaneously. I definitely recommend this publication. Oh. Get the publication. Linda has created a helpful, tip-filled, and funny book about a once-taboo topic. Essential Oil recipes, and other recipes are a plus.



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