

A close-up photograph of a hand holding a blue ceramic cup. To the left, a glass vase contains a bouquet of flowers, including pink and yellow daisies. The scene is set on a light-colored, reflective surface, creating a subtle reflection of the cup and flowers. The background is softly blurred, showing a white object, possibly a teapot.

A clear, comforting
guide to support
you as your body
changes

Making Friends with the Menopause

SARAH RAYNER

with Dr Patrick Fitzgerald

2018 edition reflecting the new 'NICE' guidelines

Sarah Rayner

Making Friends with the Menopause: A Clear and Comforting Guide to Support You as Your Body Changes, 2018 Edition



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From bestselling author of ACQUIRING BUDDIES with Anxiety and One Moment, One Morning comes a clear and comforting little reserve to guide you as your body changes through the menopause. 'Warm and approachable' Essentials 'Carefully crafted and empathetic' The Sunday Times Whether you're worried about feeling invisible, excess weight gain or loss of fertility, or simply want to deal with yourself well, understanding is power, and ACQUIRING BUDDIES with the Menopause will provide you with a greater knowledge of the process, so that you can enjoy the body as well as your sexuality as you age group. There is sensible advice on hot flushes and night sweats, anxiety and mood swings, muscular aches and loss of libido, early-onset menopause, hysterectomy and more, and also a simple explanation of every stage of the menopause so you'll know very well what to expect in the years before, during and after.* From the author of the international bestselling novel 1 Moment, One Morning hours * And the word-of-mouth achievement Making Friends with Nervousness, a warm, supportive book to ease get worried and panic* Includes suggestions on all the major health issues that can arise as a result of hormone modification* Thoroughly researched and bang-up-to-day* Includes traditional and complementary medicine* Gives guidance on ways to get the most from your GP appointments and locating good substitute practitioners* Useful links throughout, plus details of helplines and recommended reads * Fully illustrated with photographs by the author* Ongoing online support group available PRAISE TO MAKE FRIENDS WITH ANXIETY 'Simple, lucid assistance on how to accept your anxiousness' Matt Haig, bestselling writer of Reasons to Stay Alive 'Reads like communicating with an older friend; As well as Dr Patrick Fitzgerald, she explores why stopping menstruating causes such profound chemical changes in the body, leading us to react in an array of ways physically and mentally. You'll find details of the procedure possibilities and their benefits and drawbacks, together with suggestions and insights from ladies keen to share their wisdom on a subject many still find hard to speak about. one with wit, wisdom and encounter' Brighton and Hove Independent PRAISE FOR SARAH RAYNER: 'Explores an emotive subject matter with great sensitivity' Sunday Express 'Brilliant...Written with Sarah Rayner's trademark warmth and humour, this fresh edition of Making Friends with the Menopause provides been up to date to reflect the latest National Institute for Health insurance and Care guidelines in diagnosis and management of the menopause.



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Highly informative and comforting I rarely take time to write reviews, but this book merits the effort. I have also got strange sensations in my heart area that wake me during the night.. Having read this fantastic reserve (I edited it), Personally i think fully ready for whatever awaits, both physically and mentally. There is a wealth of info here. I've had blood function done repeatedly by a general practitioner and an endocrinologist, and have been informed everything is "normal." I had a stress echocardiogram and was told my heart is in great shape. The section on Center Palpitations and Sense Giddy tipped me off about adrenaline surges and after further research, I am pretty confident that this is the way to obtain my discomfort. Oh, there's also a Facebook page - a location to talk and talk about experiences and ideas.. In my own middle years, this time of change looms and yet, like so many women, I knew practically nothing about the 'modification' aside from that which I'd gleaned from snide jokes about popular flushes.sorry about our "President," by the way.. I am an associate and the women provide wonderful support one to the other. This is a must examine. It's like having tea with a favorite aunt. I feel less alone.We highly recommend this book. This has been life changing for me! Until now. I came across the chapter "'O' is definitely for One Size Does Not Fit All" particularly useful. I did not really vote for him). Five Stars Informative Four Stars Very informative. It has been useful in understanding my own body and that I'm "Normal"!! It has been life changing for me! Five Stars A good read An extremely informed read! Takes you from adolescent and fertile to when hormonal levels drop and the symptoms you might knowledge. Following on different techniques you may take. Websites to check out and so much more. like so many women Finally, an easy-to-go through, informative yet personal guidebook to the time before, during, and after menopause.. It has . I have already been in perimenopause for a long time and have had uncommon symptoms, the most bothersome of which is debilitating exhaustion. And I completely enjoyed the read - something I did not expect given my terror at the prospect of menopause. I am a comprehensive baby, despite my years. Sarah Rayner's design can be chatty, personal, like talking to a mate - she'd been through this herself and so she actually does know what she's talking about. Plus, the book has clearly been completely researched and offers been written by using a doctor so it is jam-packed with useful ideas, anecdotes, and, brilliantly, links for further information and reading in the event you require it. Every woman encounters menopause and this wonderful guide is certainly well overdue. Thank you, Ms Rayner. The majority of the content I found upon this phenomenon emerged from the united kingdom (I am in the US. Great and supportive book This is an excellent, short, very readable, and warm book. Though it is written from a British perspective, as an American girl I got a whole lot from it. I'm going through perimenopause in fact it is good to know I am not alone. The author also has a shut Facebook group page for readers. There seems to be little info on the function of adrenaline in perimenopausal symptoms here in the US and non-e of the doctors I have seen experienced any clue concerning this, including the cardiologist who was voted best in our state last yr.Aside from that, the publication is comforting.



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