



# COME BACK

BALANCED WELLNESS  
AFTER SURGICAL  
MENOPAUSE

LORI ANN KING

Lori Ann King

## Come Back Strong: Balanced Wellness after Surgical Menopause



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Athlete and wellness consultant Lori Ann King believes that women have more control over their circumstance in menopause than they think. This book is for you if you've had or you're facing an impending surgery, illness, or treatment that could push you into menopause, or in the event that you know a woman who is experiencing surgically induced menopause and want to learn the ultimate way to support and help her. In **KEEP COMING BACK Solid**, she shares her personal trip with hysterectomy and oophorectomy, which thrust her into unexpected surgical menopause describing the vulnerable elements of her life, relationship, and experience, along with the joys and celebrations that came from discovering a useful path back again to balanced wellness. Filled with practical tips and tools to help you release pounds, reduce stress, and improve emotional wellness, as you start to make choices and changes in lifestyle, you'll create behaviors that strengthen your mind, body, and feelings, find hope and feel empowered like nothing you've seen prior. Chapters include **CHANGES IN LIFESTYLE** and Thoughts, Phrases, and Feelings, making this a great self-help tool for anyone experiencing difficulties or setbacks who would like to learn simple, daily methods to optimize emotions.



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Perfect Book - a week Post-Op and Seeking Answers...! It helps to let a woman know that she is not alone in addition to helping her friends and family know what she actually is going through. I am a week post-op having been thrown into surgical menopause at the age of 49 and I wanted a book that could help me. I needed something easy to read without a ton of medical jargon that I'd have to try to decipher which usually appears to come from a man. Lori Ann's reserve is great. I would definitely recommend this book to any woman who's being or provides been thrown into surgical menopause or also who maybe starting to proceed through it naturally. It really is packed with great tips and she explains stuff I can understand. I was drawn to this book because it is relevant and up-to-date. That is definitely well worth reading! I highlighted and tagged pages which contain information that I wish to keep in mind and revisit and now my hubby even really wants to browse the book too so he can understand more from a woman's perspective of what I'm going through and realize why I am doing the food and supplement analysis that I am carrying out. It is just the right length. It is worthy of the browse! I highly recommend this book! Thanks. Don't waste materials years trying to find this out for yourself! Sometimes I forgot I was reading a publication about surgical menopause! This book may be a good read for many women, not only ones with surgical menopause within their future, but also for loved ones so that they also will know very well what to expect throughout a very difficult and emotional amount of time in a woman's life. I bought this book, never to help me with symptoms of surgical menopause, but because Lori is my pal and I wanted to support her. This book is full of INSPIRATION and GRIT! I believed I understood what I had enrolled in and I was prepared. But, as I examine Lori's book, it cut back thoughts of how I experienced afterwards both physically and mentally. I thought that just how I felt was precisely what I had to undergo and I had no choice in how I reacted to just how I felt. I today wish I experienced had this book in the past. Lori walks you through how exactly to overcome many of the complications you will face in case you are contemplating surgical menopause or if you have began down the natural menopause path! I believe I overcame the majority of my issues but it has taken nearly the entire 16 years and there are still some things that rear their ugly head sometimes that I need to deal with! Don't waste 16 years figuring things out for yourself. Lori Ann is certainly a wellness coach so I trust her thoughts and opinions with regards to wellness suggestions and suggestions and I am not thinking about taking synthetic or synthetic pharma and wanted to read her thoughts on more natural options! Someone Who Understands! It's hard to trust that a publication about the trials, tribulations, and ultimate victory over the life-altering event of surgical menopause could be a page-turner, nonetheless it is! Lori Ann King has taken honesty, vulnerability, grit and humor to this guidebook for "lifestyle after" unexpected, abrupt menopause and shares how to return - never to the life you knew, but to an improved life. Tips, techniques, laughter and love are in abundance here. Simple and fast read. Easy and quick read Lori writes with honesty and transparency about her own personal experience. Many thanks, Lori Ann! Very beneficial and helpful. Lots of great tips and resources. Great book! Recommend it! (When the print version comes out, a lot more friends will end up being gifted with the reserve. Lori you described exactly how I was feeling after my surgery. Many women are pressured into menopause for a number of health factors. It's in the aftermath where there is shock, which Lori speaks about extremely candidly! Lori's insights are perfect for many life scenarios. This book isn't all depressing. It contains a small amount of humor, which is an excellent addition to a heavy topic. KEEP COMING BACK Strong can help you each stage of the way! A Different Method of Hormones Lori Ann King certainly comes home strong, and thank heavens for that. Her raw personal story about surgical hysterectomy and the fears, pain, frustration and hormonal instability that will be the fallout, is crucial for every female. She is a champion for all women who wonder where in fact the hell their lives went after getting into menopause. And the after-effects of surgery. This book was necessary for the author however, not necessarily what you may need as a reader I can appreciate her tale and struggle but due to the fact everyone's experience is different, if you are searching for inspiration and tips going forward this is

simply not the reserve. Her step-by-step procedure will guidebook them through this difficult time in many ladies's lives. Thanks for your interest and compassion Lori. It pieces a tone of support and encouragement sprinkled with dashes of humor to place the reader at ease.. I've bought e-copies for just two friends who recently had a hysterectomy and so are suffering.... One Star Not what I was looking for This was an excellent, and I believe necessary, book. This publication was filled with helpful tips to help me start sense like myself again, and I was not supplied with a whole lot of info or suggestions you have offered from my doctors. Lori's book offers me much strength within my post-op recovery period." I appreciate the insights, medical guidance and research in this book. They'll relate to her struggle and bless her for taking time to analyze and write a self- help book that presents the way forward. Lori's book offers me much strength within my post-op recovery . We had the distinct pleasure of conference Lori King at an airport.. Lori's story is filled with tips as she teaches us what doctors ignore to mention: the road back again to health could be long, nevertheless, you can "Come Back Strong. Any time I'm havinh a down minute, I choose it up and available to a page and she is there to support me with her positive attitude and energy. I can't await her next book! I recommend Lori King's informative book Come Back Strong As a malignancy survivor that needed a hysterectomy by the age of 38, I highly recommend Lori King's informative publication Come Back Strong! This was a great, and I think necessary, book. I appreciated your honesty and personal story about medical hysterectomy, it really helped me relate with you!) We finally have a reserve that tells the reality: surgery is hard and the adjustments to your body can be intense. Lori you certainly are a CHAMPION and I many thanks for taking the time to be honest with us also to share your experience so we may study from you and most of COME BACK STRONG! The delivery of this book is warm and welcoming. She and I hit it off immediately and I came across her to end up being an inspiring and insightful woman... The delivery of this book is warm and welcoming. I've bought e-copies for two friends who lately had a . A self-explanatory book from a woman who's been there perspective. I understand many will reap the benefits of this go through and I anticipate more publications from Lori Ann King. I got a "complete hysterectomy" 16 years back at age 45.. . Little did I understand how great of an impact our meeting would have on me. I read Lori's book and found it to be therefore helpful. We all face struggles and although Lori's struggle was centered around a medical circumstance, I found her solutions to cope were common in application. I have read her book many times and specifically liked chapter 6! I have recommended her publication to anyone facing difficulties or anyone looking for inspiration. Getting the guide by my part during such a trying time is priceless.! Her "instruction" will help you each step of the way. This book is strictly what I was looking for.



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