

I JUST WANT TO BE ME AGAIN



JEANNE D. ANDRUS
THE MENOPAUSE GURU™



Jeanne D. Andrus

I Just Want to Be ME Again: A Guide to Thriving Through Menopause



[continue reading](#)

Did you obtain The Speak when you were a young girl? Tame the symptoms of menopause • Well, there's another change that happens to us ladies that Menopause.s not discussed nearly a sufficient amount of. If you're like writer, the unanticipated adjustments and outward indications of perimenopause have you screaming "t stop there." Andrus offers practical suggestions for simple lifestyle adjustments to assist you: • Jeanne Andrus shares her findings to assist you understand what Find a very good diet plan that you should lose weight and feel fantastic • She clarifies what the changing hormones mean to the body, your mind, and your emotions. But she doesn't just desire to be ME once again! Her own trip through menopause led her to analyze what was occurring to her and to figure out how to recapture her very own zest for life. Understand the messages of your symptoms • Stability your hormones • You understand, the main one about (shh) Your Period.s going on within your body seeing that you go through the menopause cycle. Discover the right exercise program for your stage of menopausel self you wish to find your way to the YOU you want to be, this book is your guide!



[continue reading](#)

truth about the adjustments that include perimenopause. I really enjoyed this reserve. The amount of symptoms especially during the last three years have already been so frustrating, and different doctors suggest various things, but they usually are simply Band-Aids such as taking hormones. Thank you for this source, Jeanne! I am 47 but began perimenopause at 39. I went on progesterone just over a year ago for the constant hot flashes and insomnia that had become my life for years. The physician did not explain at all and how much weight I might gain, and a very much worse, the result of progesterone on the joints. I gained 26 pounds in 10 weeks and had constant joint pain. However, be warned that the book is also self-promotional as the author offers a service for women entering menopause. I wish I had read this publication before that! The only thing I trust her can be changing your diet, do exercise. I will a vision panel party in less than two weeks, and I intend to incorporate a lot of the suggestions in this reserve into this year's table! My favorite messages: #1 "The changes that happen during menopause tend to be the catalyst that assists us realize we're important, too. I think what I love most of all is that the author shows us how embracing this amazing process helps it be something to welcome and be curious about, rather than the doom-and-gloom messages that we often hear from additional women. . Jeanne's science-plus-practical-advice-plus-humor approach to menopause is certainly SUCH a breath of fresh air (to this hot-flashing woman)! If you are looking for a refreshing method of "midlife nirvana" this publication is for you! Thank you, Jeanne, because of this excellent reserve and supporting materials!" #2 "As our reproductive systems wind down, the influence of estrogen recedes. The necessity to end up being the nurturer, homemaker, and people-pleaser begins to subside. I cannot say enough just how much I enjoy this book. Helpful This book is helpful when you are racking your brains on why nothing functions the same, and you also don't want to immediately go on medication or HRT..and the kid we were in the past starts to re-emerge." (aka "Eve's Gift" or the present of menopause) Find out about it before it hits you Menopause is something ladies do not talk approximately, and the typical medical descriptions actually don't tell you exactly how it feels. This means the symptoms and changes hit you as a surprise. This reserve aims to educate ladies about menopause from anyone who has been through it. That is a very useful perspective. I went off the hormones 2 1/2 weeks ago and have dropped about 15 of the lbs with a whole lot of discipline, and my joint pain has subsided at least 70%. She also offers recommendations on how to deal with the symptoms. I just felt it was a little too pushy. Absolutely nothing about treatment approach to alienate the outward symptoms. I would have appreciated these details mentioned by the end of the book, nevertheless the promotion is through and it graded on me a bit despite the fact that I found this content useful. Her alternative is through escaping ., adventuring, and reinventing yourself in this physical method. This may or might not fit the personality of each reader, therefore i thought it is less useful for me compared to the first area of the book. Ali Julia review My experience didn't fit the mold and like everyone else Where was Jeanne when I was going right through menopause? My knowledge didn't fit the mold and like everybody else, I was questioning what was incorrect with me. Reading her publication from the other side of the fence, I was repeatedly considering "yes, that was me" and "oh, that's what was going on! Simply dreaming fo yourself and embrace the aged and "new" you are. A Must Go through For All Middle Aged Women True. I felt as though I was seated on a recreation area bench, enjoying an afternoon with a good friend who was opening my understanding. She shared my thoughts, she knew my fears ... and she offers answers! Don't wait around until you are already past menopause to get the answers to your questions. Set aside some time for you personally and discover how you can support the body in this natural process to be able to come through with "you" intact. Writer has you looking at your interself and childhood to truly get you through menopause. If I make it 2 1/2 more a few

months, I am officially post menopausal. I enjoyed my childhood. raw. Just want solutions to the hormonal ride I'm on. That is a powerful go-to guide for just about any women in this stage of life as well as those who like her and need to support her through it. Amen, sister! Misleading title According to article writer the magic pill is you. If you find yourself and perform some spiritual things all of the symptoms that peri/menopause offers you will vanish. I believe I browse the book during the period of two nights, and I currently have so many tips for things to help not only me, but many of my friends who are also discouraged....but this is an excellent habit on all ages. Besides that, a fairytale about menopause. I believe learning about the outward symptoms before you get them is the most useful part of the reserve."This is simply not a book that you press through.. If you've had good luck balancing your daily life with exercise and diet during the past, this makes plenty of sense. The only reason I give it three superstars is that all the links were broken to the site. Can't Download Paid for Kindle reserve, but will not load on any of my devices. It had been great to learn that I may not in fact be crazy and there are ways to ease the various discomforts without having to vacation resort to pharmaceutical help. It's ok. It's ok. No actual solutions for the physical changes. Not only for menopausal women! I also work with a lot of ladies in their 40s to 60s and being in my 30s, I don't have got the understanding or experience of what it's like to start menopause or navigate the trip, but I see women struggling and coping with it all the time. No issues on my end. This is a super useful information that combines the technology of menopause if you're into understanding those details, the emotional impact, in addition to super practical tips and advice. Positive information Very great information for navigating a difficult phase of life. It is written conversationally, with Jeanne's character shining through... The number one thing I hear is definitely that they are scared to fade and lose their value in society...Excellent book, fast read, and so accurate! Good read. Four Stars Made total sense



[continue reading](#)

download free I Just Want to Be ME Again: A Guide to Thriving Through Menopause fb2

download free I Just Want to Be ME Again: A Guide to Thriving Through Menopause mobi

[download free The Green Zone Conversation Book: Finding Common Ground in Conversation for Children on the Autism Spectrum by Joel Shaul \(2014-10-21\) pdf](#)

[download Disconnected Kids: The Groundbreaking Brain Balance Program for Children with Autism.](#)

[ADHD, Dyslexia, and Other Neurological Disorders by Dr. Robert Melillo \(2010-01-05\) ebook download](#)
[Gifts: Mothers Reflect on How Children with Down Syndrome Enrich Their Lives by Kathryn Lynard Soper \(2007-05-15\) ebook](#)