

Think Again!

*Clearing Away
the Brain Fog
of Menopause*

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THE MENOPAUSE CURB



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Think Again!: Clearing Away the Brain Fog of Menopause



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When the changes of menopause start occurring, it appears that our capability to concentrate, complete jobs, and remember simple, little, everyday things (like our very own names) goes out the window., Jeanne Andrus tackles " a term she uses for the symptoms of menopause that impact how you think.It may feel just like you're losing your brain (or at least your eyeglasses)!brain fog" She covers why they happen, what they feel just like, and how to inform when these may be symptoms of a more serious issue. In RECONSIDER! -Moreover, she covers how you can cope with these changes in your lifestyle, including ways to optimize your method of brain health to make sure you can "think again" for the others of your life.



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This book gave me hope! It covered everything from nutrition to sleep to workout. I'm going to put these strategies set up so I can RECONSIDER! She taught me the many ways I can help myself avoid some of the symptoms of menopause. I've always been a pretty focused person, but even in the peri stage, I'm finding myself to end up being very forgetful. As a 48-year-old perimenopausal female, I am therefore grateful for the various tools and insights Jeanne delivers. It's an excellent primer to help ladies know what to expect. Thank you, for this book. Brilliant book and readable I loved "RECONSIDER!" Not only achieved it answer a whole lot of questions, it had been highly entertaining, as well. I'm recommending it to all the women I understand for the essential info and the pleasure of reading a really good book. Five Stars Essential read for women! Five Stars Fantastic book, and an excellent resource! I suggest it for females like myself who are perimenopausal and shortly to enter genuine. Wow, I loved this book. Helps women to know what to expect As someone who is beginning to suffer from a bit of the brain fog, I appreciated this reserve. I'm also reassessing a few of the "boulders" I've been carrying around in order that I can make more area for gorgeous, yummy and light gemstones. Instead of dealing with menopause as a time of life to "suffer through," Jeanne helps us look for the gifts and wisdom in the symptoms and experiences that arrive, blended with science and practical techniques to take to feel supported also to thrive. A lovely blend of science, practical steps, and deep wisdom Just what a gift, this lovely book by Jeanne Andrus. Five Stars Great book!



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