



MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause

Ellen Dolgen, Jack Dolgen

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For Ellen Dolgen, menopause education is a mission. Spurred by her own experience struggling with the symptoms of menopause, Dolgen has devoted the last ten years of her life to helping other women during this often difficult time. While she's not a doctor or scientist, she's "talked the talk" with countless menopause experts, so that she can "walk the menopause walk" with you and share the keys to this menopause kingdom.

Together with her son, Jack, she created this new, comprehensive guide to all things menopause—the symptoms, the treatments, the long-range effects on a woman's health. Dolgen shares the expertise of numerous specialists to replace confusion and embarrassment with medically sound solutions, presented in an entertaining and informative way. You'll find detailed descriptions and treatments for the symptoms you or your loved one may experience, from hot flashes and mood swings to mental foginess and loss of libido, and lots more in between.

In addition to sharing the latest research and proven treatments, Dolgen offers guidance to finding a menopause specialist who's right for you, and she provides a clear explanation of what tests to ask for. You'll also learn about the latest studies on hormone replacement as well as alternative therapies and remedies. Finally, Dolgen shares the real-life experiences of women—and those who love them—as they traverse the crazy ups and downs of perimenopause and menopause.

Her motto is: Suffering in silence is OUT! Reaching out is IN!

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From reader reviews:

Steven Page:

Spent a free time for you to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the e-book untitled MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause can be very good book to read. May be it may be best activity to you.

Madeline Edwards:

MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause can be one of your basic books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into satisfaction arrangement in writing MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause although doesn't forget the main stage, giving the reader the hottest as well as based confirm resource data that maybe you can be one among it. This great information could drawn you into fresh stage of crucial pondering.

Rigoberto Hamilton:

This MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause is great guide for you because the content that is certainly full of information for you who else always deal with world and get to make decision every minute. This kind of book reveal it details accurately using great coordinate word or we can say no rambling sentences within it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but difficult core information with attractive delivering sentences. Having MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause in your hand like getting the world in your arm, info in it is not ridiculous one. We can say that no publication that offer you world within ten or fifteen minute right but this book already do that. So , this is good reading book. Hello Mr. and Mrs. occupied do you still doubt that will?

Donald Freeman:

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