



Menopause and Midlife Crisis: Tips and Things You Need to Know to Cope and Be Prepared (Holistic Treatments & Women's Health)

Elaine Riley

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Menopause and Midlife Crisis: Tips and Things You Need to Know to Cope and Be Prepared is dedicated to provide easy to understand information on the things that you need to know when it comes to dealing with that stage in life that every woman will face sooner or later in their lives. Menopause and midlife crisis affects women in different ways, which makes it necessary to provide them with the right knowledge and support structure in order to properly deal with the physical, mental and emotional changes that they will be going through.

Dealing with midlife crisis and / or menopause can be really challenging especially if they are not equipped with the information they need.

Here is a preview of what you will learn from this book:

- Learn the difference between menopause and midlife crisis.
- Understand the importance of knowing the symptoms, causes and effects of menopause and midlife crisis.
- Find out how to properly deal with these changes and symptoms to be able to properly deal with each stage in life.
- Help your loved ones understand what they need to know in order to help you go through menopause and midlife crisis in the most stress-free way.

This book will, all together, make readers aware of the realities of menopause and midlife crisis. The book will serve as a reader's guide with regard to properly dealing with these changes and the effects that they cause in her lives and the lives of her friends and loved ones.

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