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Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life

By Carolle Jean-Murat

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Menopause Made Easy: How to Make the Right Decisions for the Rest of Your Life, Carolle Jean-Murat, Smart women must educate themselves about menopause and the risks and rewards of taking hormone replacement therapy (HRT), nutritional supplements and homeopathic therapies. This book will address the current needs and concerns of midlife women, empowering you to make the right decisions. Using questionnaires and simple flow charts, you will circumvent the confusion surrounding menopause and HRT. With humour, candor and plain non-technical language, Dr Jean-Murat addresses many concerns of women today. It includes a chapter on 'healthy ageing' by Louise L. Hay.



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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

-- **Prof. London Gerlach**

This ebook is wonderful. It typically does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).

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