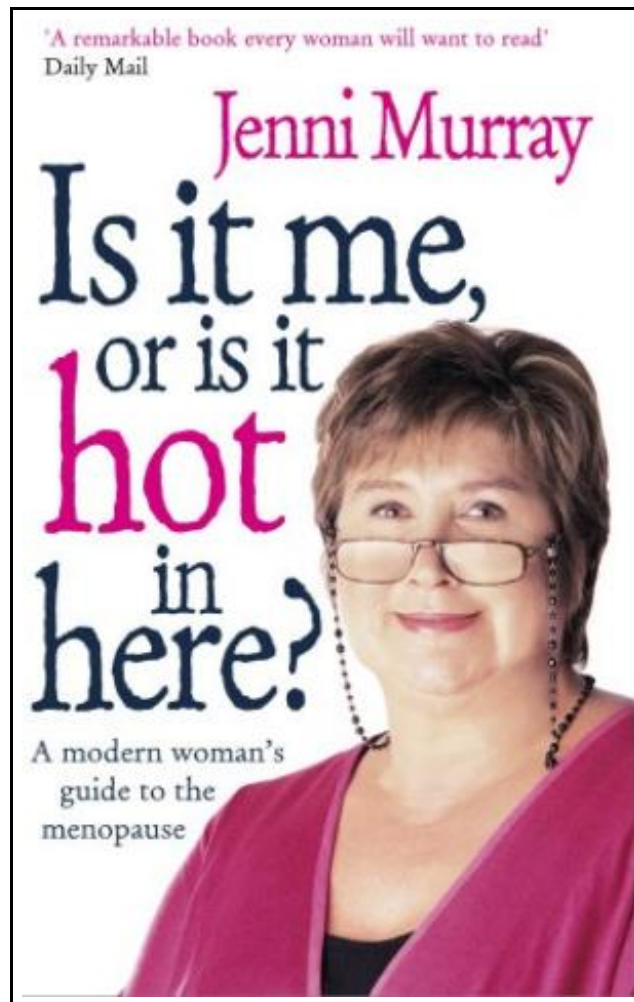


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(Dr. Jillian Champlin IV)

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, **Is it Me or is it Hot in Here?: A Modern Woman's Guide to the Menopause**, Jenni Murray, In **Is it me or it hot in here?** Jenni Murray, one of Britain's most popular journalists and broadcasters, addresses the menopause. She looks at what the menopause is - its symptoms and how it affects overall health. She also looks at the psychological and social implications. There is an overview of the latest research on HRT - its benefits and drawbacks - and the new work which is being done on various 'alternative' therapies. She includes discussions on sex life, social life, face-lifts (or otherwise), exercise (or otherwise), keeping your figure and discovering one's place in life as a middle aged woman in a feminist era. The section on rethinking the menopause looks at changing attitudes and how to cope with post-menopausal life, offering a new agenda for post-menopausal women. Throughout, the tone is inquiring but accessible, making it one of the most appealing books on the menopause written to date.



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