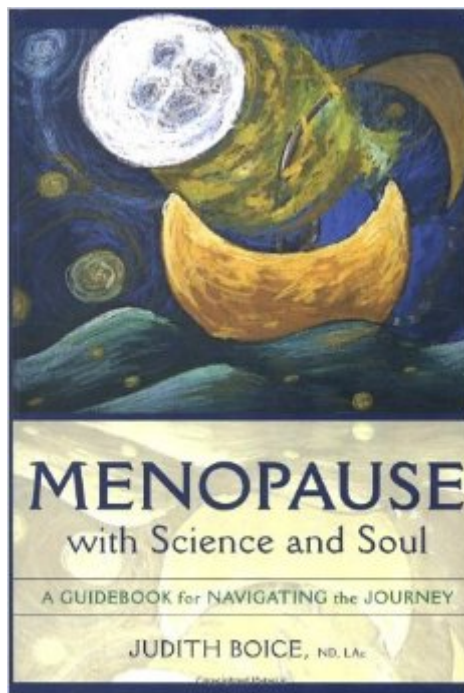


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Menopause With Science And Soul: A Guidebook For Navigating The Journey



Synopsis

Integrating modern medicine and ancient spiritual wisdom, **MENOPAUSE WITH SCIENCE AND SOUL** is an intelligent and thoughtful companion to navigating the menopausal journey. Drawing from the latest medical studies, naturopath Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy, and offers stories, interviews, and rituals to nurture women's mental and emotional health. Essays and poetry from sixteen prominent writers celebrate the broad spectrum of women's menopausal experiences and honor diverse spiritual approaches to this significant life passage. Whether you're struggling with hot flashes or reveling in an unexpected rebirth of creativity, this comprehensive guide provides the scientific and soul-centered support you need. Features contributions from: Clarissa Pinkola Estés, Carol Lee Flinders, Brooke Medicine Eagle, Marlise Wabun Wind, Vicki Noble, Carol Bridges

Book Information

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Customer Reviews

This book combines medical information with thought-provoking information to navigate through the transformational journey of menopause. Would recommend reading this during peri-menopause or before.

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