

Cherish  
  
yourself

# Honoring Your Awakening Ways To Embrace Menopause And Cherish Yourself

**Cheryl Bridges Johns**



## **Honoring Your Awakening Ways To Embrace Menopause And Cherish Yourself:**

Wise Power Alexandra Pope, Sjanie Hugo Wurlitzer, 2022-09-20 A trailblazing guide to menopause filled with nourishing wisdom and practical advice to help you harness the transformative power of the menopause and thrive in your life It s time to redefine menopause This pivotal time of life is often mistakenly viewed as a health crisis that is suffered from or coped with and misinformation and myths around menopause can leave you feeling ignored and misunderstood Wise Power is the radical new story of menopause illuminating its power and potential Pioneers of the menstruality revolution and the founders of Red School Alexandra Pope and Sjanie Hugo Wurlitzer explain how to embrace menopause as a sacred rite of passage an initiation that grows your authority steeps you in purpose and awakens you to great power and wisdom They show you how to prepare for menopause through each life stage from menarche to your final menstrual cycles make sense of what you re experiencing during perimenopause recognize and accept when you enter menopause and trust that a meaningful process is at work navigate the five phases of menopause and receive their unique gifts embrace the rhythms of your postmenopause life unlock your true potential and step onto your path of power and leadership Written with humour fierce tenderness and practicality Wise Power restores the dignity of menopause guiding you home to yourself to a sense of belonging

Awakening Through Menopause Olivera Milojkovic, 2015-09-18 Awakening Through Menopause An Opportunity To Transform Your Life is about a New Jersey housewife who had a profound spiritual awakening during menopause that changed her entire inner and outer world Losing her conditioned mind her true self was revealed and life as she knew it changed forever Following her intuition and her heart she then became a certified professional coach said goodbye to her family and friends and moved to Hawaii Awakening Through Menopause is an inspirational memoir and guide to how not only to survive an awakening in menopause but also how to thrive in it The intention is to bring to all womens awareness the importance of recognizing what this period in her life really means and what she can receive It is intended to remind women that menopause is the natural process of becoming the higher expression of herself the true self that is infused with wisdom and power

*Rediscovering Yourself in Menopause* Amelia Davis, 2024-11-02 Rediscover Your Strength Wisdom and Confidence Through Menopause Are you experiencing shifts that make you question who you are Are emotional ups and downs sudden changes in your energy or hormonal imbalances impacting your sense of self Menopause brings both challenges and opportunities and it s completely normal to feel uncertain about navigating this new chapter This book Rediscovering Yourself in Menopause Embrace Hormonal Changes with Confidence Knowledge and Clarity is crafted to guide you through this transformative period offering practical insights to help you redefine your identity and build a deeper more meaningful connection with yourself This book will help you Reframe Menopause as a Journey of Self Discovery Learn how to embrace menopause as a powerful phase of life reframing it as an opportunity to rediscover and prioritize yourself Strengthen Your Emotional Resilience and Self Confidence With actionable tools cultivate a mindset of positivity and

resilience to counter emotional fluctuations and self doubt Build Lasting Health and Vitality Understand key nutritional and lifestyle changes that support hormonal balance boost energy and enhance overall wellness Redefine Beauty and Self Image Let go of societal standards and embrace a new more empowering definition of beauty that reflects your inner strength and wisdom Find Purpose and Passion in New Directions Connect with what truly excites you explore new passions and set fulfilling goals that give meaning to this stage of life If you want to transform your menopause experience into a journey of empowerment don't waste any time and buy your copy today [Conquering Menopause Naturally](#) Susan

Tolliver, 2024-09-18 Conquering Menopause Naturally A Holistic Guide to Hormonal Changes Hot Flashes and Mood Swings is your essential roadmap to navigating one of life's most transformative phases with confidence and grace Packed with expert insights and practical advice this empowering guide explores natural remedies and nutrition strategies designed to alleviate menopause symptoms like hot flashes mood swings and sleepless nights Discover the power of phytoestrogens superfoods and mindfulness practices that support your body and mind during this significant transition Learn how to embrace change foster community support and cultivate self care rituals that honor your unique journey With humor warmth and a holistic approach this book empowers you to take control of your health and well being Say goodbye to the stigma of menopause and hello to a vibrant new chapter filled with possibilities Susan Tolliver is a dedicated naturopath and health advocate with over a decade of experience in holistic wellness Passionate about empowering women she specializes in natural remedies for menopause helping clients navigate hormonal changes hot flashes and mood swings with confidence Through her extensive knowledge of nutrition herbal medicine and mindfulness practices Susan has guided countless women toward a healthier more balanced life Her engaging workshops and personalized consultations focus on fostering community support and self care making her a trusted voice in women's health Susan believes that menopause is not an end but a vibrant new beginning and she is committed to helping women embrace this transition with grace and positivity

Menopause guide Natural menopause remedies How to manage menopause Menopause nutrition Hormonal changes menopause Symptoms of menopause Herbal remedies for menopause Menopause and diet Phytoestrogens benefits Hot flashes relief Natural treatments for hot flashes Empowering women through menopause Mindfulness for menopause Weight management during menopause Exercise for menopause symptoms Stress relief for menopause Sleep problems menopause Mood swings menopause Community support menopause Myths about menopause Menopause and sexuality Transitioning to menopause Healthy lifestyle menopause Self care during menopause Emotional health menopause Superfoods for menopausal women Maca root for menopause Menopause coping strategies Menopause empowerment Positive mindset menopause Natural hormone balance Menopause and emotional well being Menopause books for women Menopause support groups Aging gracefully Holistic approach to menopause Menopause and physical health Creating a healthy home environment Menopause FAQs Understanding perimenopause Lifestyle changes for menopause Personal stories of menopause Women's health and

menopause Hormone replacement therapy alternatives Managing menopause symptoms naturally Natural supplements for menopause Mind body connection menopause Menopause and relationships Celebrating menopause Transitioning into midlife [Empowering Women to Embrace Menopause with Confidence](#) Teresa M Broaddus,2024-02-12 Encouraging Women to Accept Menopause with Vitality and Confidence Are you prepared to welcome menopause with vigor and confidence Do you feel like your body and mind are changing too quickly Are you looking for doable tactics to go through this pivotal period of life with resilience and grace Writing in [Empowering Women to Embrace Menopause with Confidence](#) Teresa M Broaddus provides a thorough manual on how to move through menopause with grace confidence and energy With courage and hope Teresa helps women embrace this major life shift by offering actionable counsel empowering insights and transforming practices based on her professional skills and personal experiences Learn how to Develop emotional balance and resilience during this transformative time Accept menopause as a chance for personal growth and renewal Incorporate holistic wellness practices to support your physical emotional and psychological wellbeing Navigate the physical changes of menopause with grace and resilience Manage common symptoms such as hot flashes mood swings and sleep disturbances Take back your energy meaning and happiness as you welcome the next phase of your life During menopause empower yourself to fully embrace your wisdom strength and energy This book is for you if you re prepared to enter menopause with courage and vigor If you would like to purchase this book fill in the text below scroll up and do not forget to keep your recommendation Bonus As a special bonus readers will receive access to exclusive resources and exercises to support their journey through menopause with confidence and **Seven Wonders of Menopause** Shavita Kotak,2024-11-30 [Balance and Harmony in Menopause Guidebook](#) Diana Ward,2025-02-04 Menopause doesn t have to be overwhelming it can be a journey of empowerment and renewal Your Guide [Balance and Harmony in Menopause](#) is your go to resource for navigating this transformative phase with clarity and ease Whether you re experiencing early symptoms or deep in the thick of it this eBook offers practical natural and holistic solutions to help you thrive Inside you ll find Understanding the Stages Learn about menopause starting earlier than ever and what to expect at each phase Natural Relief Discover remedies for hot flashes mood swings night sweats and more without relying on harsh treatments Food as Medicine A detailed guide to hormone balancing foods to embrace and ones to avoid for optimal well being Lifestyle Shifts Simple changes to boost energy stay grounded and feel in control of your body and mind 30 Day Action Plan A step by step roadmap to kickstart your journey toward balance and vitality Nourishing Meals Delicious hormone friendly meal ideas to fuel your body and soul Symptom Insights Recognize common symptoms and misdiagnoses to better understand your body Printable Trackers Keep tabs on sleep symptoms and supplements to stay organized and focused This guide is for every woman seeking natural holistic ways to manage menopause with grace and confidence Say goodbye to confusion and discomfort and hello to feeling your best inside and out Your journey to balance and well being starts here **Thriving Through the Change -The Power of**

**Positivity and Self-Care in Menopause** Hellen Maya Smith, Thriving Through the Change The Power of Positivity and Self Care in Menopause Self Care During Menopause and Navigating Menopause Mindfully Are you seeking guidance on managing menopause with positivity Do you need practical advice on self care during menopause Thriving Through the Change The Power of Positivity and Self Care in Menopause is here to offer insightful guidance and tools to help you navigate this important phase of life This book does more than address the physical changes of menopause it encourages you to embrace the menopause as a transformative period a time for personal growth during menopause It is a unique guide that helps you view menopause not as an ending but as a beginning an opportunity to learn and grow Whether you are on the cusp of this phase or already in the thick of it this book provides a variety of natural remedies for menopause symptoms empowering you with options to handle this transition in the way that suits you best But the journey doesn't end with menopause In fact this is just the beginning As you embrace life post menopause learn how to continue thriving in post menopause celebrating this transition and the freedom that it often brings Above all this book encourages you to embrace the changes that come with menopause Through practical advice and real life examples you will learn the art of navigating menopause mindfully This book is more than a guide it is a companion on your journey through menopause championing the power of positivity and self care every step of the way

**Key Highlights**

**Holistic Approach** This book provides a unique holistic perspective on menopause considering not just the physical but also the mental emotional and spiritual aspects of this significant life stage

**Practical and Actionable Advice** Throughout the book readers will find a wealth of practical advice and strategies that they can implement in their daily lives from nutrition and exercise to mindfulness practices and stress management

**Real Life Experiences** Interspersed within the book are real life stories from diverse women who have navigated menopause with positivity and self care providing inspiration empowerment and practical wisdom

**Empowering Perspective** The book encourages a paradigm shift viewing menopause not as an ending but as a period of personal growth liberation and transformation

**In Depth Information** The book provides comprehensive information on menopause debunking common myths and offering insights into various therapeutic approaches including alternative therapies hormone replacement therapy and natural remedies

**Tools for Mindset Change** It offers tools and techniques to cultivate a positive mindset manage mood swings and use humor as a coping strategy

**Self Care Techniques** The book promotes self care as a critical aspect of navigating menopause providing detailed advice on how to adapt self care routines prioritize rest and use creative outlets for stress management

**Additional Resources** In the concluding sections readers are provided with additional resources for further reading and exploration menopause friendly recipes and relaxation techniques and exercises This book is a powerful resource for any woman looking to navigate her menopause journey with positivity resilience and grace

**Thriving Through the Change** is your indispensable guide to embracing and celebrating menopause with positivity strength and grace Your journey towards thriving starts here

*Seeing God's Design Behind Menopause* Vicki Eitel, 2018-01-18 Are you struggling to

understand what is happening to your body and why Are you experiencing brain fog weight gain insomnia loss of sex drive or feeling anxious and overwhelmed Seeing God s Design Behind Menopause is a woman to woman guide on what to expect during the transition through menopause and God s incredible design behind it This book will Remove the mystery and fear by explaining what to expect Explain how God designed menopause to prepare you mind body and spirit for your next season of life Give practical tips on how to ease the transition Provide a reference list for further research Join Vicki as she candidly shares her own and often humorous journey through menopause and what she learned along the way so you will be empowered to navigate the life changing transition of menopause with understanding and peace of mind     Conquering Menopause Samarra James,2024-05-04 Embark on a transformative journey through menopause with this empowering guide to well being Menopause often feels like an unpredictable maze filled with hot flashes sleep disturbances and mood swings This stage affecting over 75% of women can feel like losing yourself amidst the physical and emotional upheaval This book however offers more than just coping strategies It s a beacon of science based knowledge and compassionate advice aimed at debunking myths and challenging misconceptions about aging It s not just about surviving menopause but about thriving through it Inside you ll discover The G R A C E framework a holistic approach to alleviate symptoms rediscover passions and reignite joy Nutritional guidance tailored for menopausal health Strategies for overcoming sleep issues and establishing a restful night routine Exercise plans for strength flexibility and cardiovascular health designed for menopausal women Tips for nurturing relationships during this transitional phase Insights into treatment options including hormonal treatments with an emphasis on informed decision making Stress management techniques to stay calm and focused Ways to embrace and celebrate your evolving beauty This book reframes menopause as a bold new empowering chapter in your life It s an invitation to rediscover yourself and reclaim vitality offering a path to a more fulfilling and balanced life Your journey to mastering menopause begins here are you ready to turn the page     Seven Transforming Gifts of Menopause Cheryl Bridges Johns,2020-03-17 Menopause is a dramatic but largely overlooked developmental window to the second half of life Although today s women are more aware of and actively involved in mapping their menopausal journey than generations before many still do not see menopause as a time of important psychological and spiritual transformation This book goes far beyond hot flashes and gets to the very heart of the midlife journey helping women find their unique voice and speak their truth in an era of MeToo and ChurchToo Coming alongside readers as a wise spiritual guide pastor and theologian Cheryl Bridges Johns identifies seven key developmental tasks of menopause and gives practical ways women can embrace each one She encourages women to view these tasks as gifts as they experience the remarkable physical emotional and spiritual transformation that occurs in this stage of life Written in a warm and conversational tone this book helps women chart a course for the future leading them to a renewed sense of identity a more focused vision for life and a deeper spirituality Each chapter includes guided questions for personal reflection and study questions for group discussion     The New Menopause

Matters Sarah Bailey, 2025-03-26 The New Menopause Matters How to Understand What's Happening to Your Body Find Relief from Symptoms and Start Feeling Like Yourself Again You're waking up drenched in sweat at 3 a.m. struggling to concentrate at work snapping at your partner for no reason and wondering Is this the new me If menopause has hijacked your body mind and mood this book is your lifeline Menopause isn't just part of getting older It's a whole body transformation and no one handed you the manual Until now The New Menopause Matters is the trusted straight talking guide every woman needs as she navigates one of the most misunderstood stages of life Whether you're in perimenopause menopause or postmenopause this book helps you decode what's happening inside your body and shows you how to get back in control without confusing jargon or outdated advice Inside you'll discover What's really going on with your hormones and why they're making you feel off How to handle hot flashes brain fog anxiety sleep problems and weight gain Clear judgment free guidance on hormone therapy natural remedies and lifestyle fixes Proven strategies for eating moving and sleeping in a way that actually works for your changing body Insightful ways to protect your mental health nurture your relationships and redefine your confidence How to thrive not just survive through this transition no matter your age or stage This isn't a dry medical textbook or a fluffy self help read It's a no nonsense compassionate and empowering roadmap that blends science with sisterhood designed to help you feel better think better and live better right now Thousands of women are silently struggling through menopause feeling confused isolated and unsupported Don't be one of them Grab your copy now and start reclaiming your body your energy your joy and your peace of mind

**Embrace Menopause: Navigating Physical and Emotional Wellness** Augustus Rangel, Discover the comprehensive guide to navigating the physical and emotional challenges of menopause with this invaluable self help book From understanding the hormonal changes in your body to managing common symptoms like hot flashes mood swings and fatigue this book offers practical advice to help you embrace this new chapter of life You'll find expert tips on maintaining overall health through nutrition exercise and stress management techniques tailored specifically for menopausal women Learn how to prioritize self care and make time for relaxation and mindfulness practices to promote emotional well being during this transitional period Gain insight into how to communicate effectively with loved ones about your experiences and seek support from healthcare professionals when needed With empowering strategies you'll feel empowered to take charge of your health and wellness throughout menopause and beyond Whether you're in perimenopause currently experiencing menopause or post menopausal this book is your go to resource for navigating this significant life stage Embrace menopause as an opportunity for growth self discovery and renewal with the guidance provided in this must read book

Menopause Empowerment Handbook Navigating Change from A to Z with Grace Claire Underwood, 2024-02-28 EVERYTHING YOUR DOCTOR FORGOT TO MENTION ABOUT MENOPAUSE Menopause doesn't have to be a challenging time that drags you down Discover how to write this new chapter of your life with confidence minus the trouble Inside you will discover Wouldn't it be great to find a safe haven that validates



your experiences and provides grounded solutions without blaming you for who you are Your search ends within these pages a lighthouse to guide you from the shady waters of menopause to empowerment and confidence backed by science Inside you will discover How to become MENO WISE embrace this 8 step tool to demystify menopause and help you take charge of your life The ultimate guide to menopausal anatomy unravel the biology of symptoms that haunt you 3 crucial cornerstones to establishing a strong foundation of self care The all in one symptom management and intimate wellness plan find relief and revitalize yourself with nutrition exercise and sleep The What and How of emotional and mental management powered by CBT How to manage changing family dynamics and maintain healthy relationships And much more The journey doesn't stop here This guide equips you with essential tools resources and apps to help you feel empowered and confident in who you are ensuring that your journey through menopause is not just a transition but a transformation All you have to do is embrace this new chapter with open arms Make menopause manageable and soar through this phase with a new empowered you Scroll up and click Add to Cart right now

**The Menopause Revolution** Fredia S Prather M D, 2024-08-03 Unlock the Secrets to Thriving Through Menopause Are you or someone you love experiencing the tumultuous journey of menopause Do you want to empower yourself with knowledge and tools to navigate this significant life transition with confidence purpose power and grace The Menopause Revolution is the definitive guide that every woman needs Why You Need This Book Comprehensive and Practical The Menopause Revolution offers a complete guide to understanding and managing menopause From the biological changes to lifestyle adjustments modern medical treatments delicious menopause diet recipes and alternative therapies this book covers it all You'll find clear practical advice on how to handle symptoms maintain intimacy and support your mental and emotional well being Expert Insights Authored by Dr Fredia S Prather a leading American expert in women's health with over 25 years of experience this book distills decades of research and clinical practice into easy to understand guidance Dr Prather's compassionate approach ensures that you receive the most accurate and supportive information available Empowering Personal Stories Be inspired by real life stories of women who have navigated menopause with resilience and wisdom Learn from their experiences gain insights and find solidarity in knowing you are not alone Cutting Edge Research and Innovations Stay ahead with the latest scientific research and innovations in menopause care Discover how advancements in predictive health personalized medicine and digital health tools can transform your menopause journey and improve your quality of life Global Perspectives Explore how menopause is experienced and treated around the world This book provides a comparative analysis of different healthcare systems and cultural attitudes highlighting best practices and areas for improvement Advocacy and Empowerment Learn about key organizations advocating for women's health and the groundbreaking work being done to improve menopause care Empower yourself with knowledge and resources to make informed health decisions and advocate for your well being What You'll Gain In depth Understanding Gain a thorough understanding of the hormonal changes and symptoms associated with menopause Practical Strategies Learn effective

strategies for managing hot flashes night sweats mood swings and other common symptoms Healthy Lifestyle Tips Discover dietary recommendations exercise routines and stress management techniques tailored for menopausal women Sexual Health and Intimacy Get advice on maintaining intimacy and sexual health during and after menopause Future Proof Your Health Explore preventative measures and proactive health strategies to ensure long term well being What Readers are Saying The practical tips and strategies in this book are life saving I recommend it to all my clients Dr Alice Aiden Gynecologist This book changed my life I feel stronger and more in control of my health Cheryl K Doe Registered Nurse Finally a book that answers all my questions about menopause I feel empowered Susan Jameson Teacher Don t Miss Out Empower yourself with the knowledge and tools to thrive through menopause and to live vibrantly beyond menopause Buy The Menopause Revolution today and join the countless women transforming their menopause experience Embrace this new chapter of life with confidence strength and support Order your copy of The Menopause Revolution today and take the first step towards a healthier happier and more fulfilling life

[The Menopause Odyssey: From Hot Flashes to Hormonal Harmony](#) Valerie Anderson,2024-06-27 Are you a woman over 40 who s going through menopause with difficulty Would you like to gain a deeper understanding and knowledge of this inevitable phase so you can manage the host of symptoms that it brings and minimize their impact on the quality of your life Do you often feel alone as you grapple with menopause longing for empathetic support Menopause can be an overwhelming and isolating experience for many women The Menopause Odyssey will serve as your trusted companion offering support and helpful advice that will allow you to embrace this stage with confidence and grace With her expertise and sympathetic ear author Valorie Anderson provides holistic solutions modern insights and innovative tools to help you cope with menopause ultimately enhancing your overall well being She shares relatable real life stories of women who have found solace in her guidance and thrived through this challenging chapter of their lives Inside this extensively researched and powerful book you ll discover comprehensive information on menopause its different stages potential symptoms and the effects of hormonal changes the benefits of hormone replacement therapy to achieve hormonal harmony simple natural remedies such as herbal teas and relaxation techniques to ease menopausal symptoms reduce stress and boost mental well being effective diets weight management techniques and physical movements to nourish your body and soul strategies to promote positive aging and proactive health habits to help you age with elegance and maintain vitality how to cultivate emotional resilience foster connections and intimacy and embrace your support system You need not go through your menopause journey on your own Let The Menopause Odyssey and the inspiring tales of similarly situated women accompany you during this pivotal time in your life with greater comfort and ease Take charge of your menopause journey with a renewed sense of vitality dignity and empowerment Get your copy of The Menopause Odyssey now

**Millennial Menopause** Lauren A. Tetenbaum,2025-07-15 Get ready to learn the new way to take on menopause with this refreshingly real guide for millennials looking to embrace a challenging life phase with

confidence humor and empowerment Menopause is often misunderstood under discussed and even stigmatized For millennial women navigating this next chapter may seem daunting How can you find surety and balance within all of the noise How can you pinpoint what is an old wives tale and what is fact based in modern science In Millennial Menopause this generation finally has the handbook it deserves a fresh relatable and empowering guide to understanding modern menopause From hormonal changes and mental health to the impact on careers sex lives and friendships Millennial Menopause covers it all With real life anecdotes professional advice and important discussions on how menopause is and isn't portrayed in the media this book encourages millennial women to advocate for themselves embrace their bodies and navigate this phase with confidence Whether you're just starting to wonder What's next or already feeling the effects this book offers practical tips expert interviews and a much needed sense of sisterhood After all this isn't just the end of one chapter it's the beginning of an empowered new era

Midlife Transformation Pamela Bob, 2023-11-17 MIDLIFE TRANSFORMATION Embrace the Change Navigating Menopause with Confidence With the help of this perceptive guide set off on a transforming adventure through the menopausal maze Follow Pamela and a host of other women as they negotiate the ups and downs of this inevitable stage of life Menopause is a comprehensive transition that affects all aspects of a woman's life not simply hot flashes and mood swings Find out in this inspiring book are The guide to perimenopause an awareness of changing hormone levels and how your body reacts to them Discover the truth about diagnoses Is menopause or something else to blame Accept postmenopausal wellness and health techniques to prosper in this new stage of life For a fuller perspective consider the findings from the ground breaking Study of Women's Health Across the Nation SWAN addressing symptoms head on including sleep issues heat flashes and more Customizing treatment regimens since no two people are the same Resources to help you on your journey from awareness of osteoporosis to concerns about intimacy Prepare yourself to face menopause with empowerment self assurance and knowledge Say hello to the next phase of your life with wisdom grace and the means to prosper It's time to seize the opportunity and make the most of your life GET A COPY NOW

*Menopause and Mental Health* Antonino Capizzi, Luce E Amore, 2025-06-14 Have you felt your body changing and your emotions spiraling leaving you wondering What's happening to me Midlife can arrive like a silent storm sudden insomnia unexplained anxiety mood swings and a painful sense of becoming invisible If you've felt any of this you are not alone Menopause isn't just hot flashes or the end of fertility it's a profound mind body journey that too often goes untold This book shines a light on the mental and emotional sides of menopause that many women experience in silence Menopause and Mental Health Finding balance when body and mind begin to change is a compassionate informative guide to navigating the psychological effects of perimenopause and menopause Blending accessible science personal stories and practical exercises it validates your feelings and helps you find hope and balance You'll discover how hormonal fluctuations can affect your mind and mood why you might feel off or unlike yourself and ways to gently regain control Through real women's stories and expert insights this book

shows what you're going through is real and worthy of care. Inside this book you'll discover Hormones you are remaking yourself with newfound strength and wisdom. With warmth and deep understanding, *Menopause and Mental Health* invites you to turn the change into a journey of healing and self-discovery. Open these pages and step into your second spring, your journey to balance, hope, and a renewed sense of self begins now.

About the Author: Luce e Amore is the pen name of an author with a background in psychology and integrative wellness, dedicated to helping others heal and grow. He writes with empathy, clarity, and deep humanity, aiming not to offer quick fixes but to create space for reflection and reconnection. He believes true healing begins when we feel truly seen, and his mission is to remind every reader that they matter just as they are.

**Menopause** Julie Clark, 2016-10-04

Reaching the menopausal stage in life can shake up a lot of your beliefs and assumptions. In this book, you will learn to redefine yourself and be open to new things, new thinking, and new ideals. You are more than a mother and a wife. Your definition is not limited to the fact that you can bear children. They go beyond that. Thus, some women find themselves at a loss when menopause sets in. Maybe because at some point in their lives, they have confined themselves to being just mothers and wives. And now that you have reached the end of your child-bearing years, you are confronted with the challenge of changing the way you perceive yourself. You don't stop being mothers and wives simply because you have grown old and can no longer bear children. Your roles will continue no matter what changes your body will go through. This book, in the end, it is all about finding peace and balance between the unavoidable changes happening in your body and finding a way to ride through them the best way you can. You accept what you can't change, and then you study and try to understand it. After that, you use your knowledge and understanding to allow yourself to adapt to the changes. You adjust your ideals, your beliefs, and even your body to the changes. You become flexible in all aspects of your life. And then you move forward and you carry on.

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