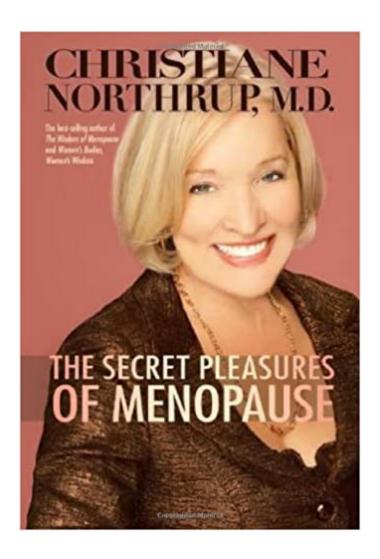


The book was found

The Secret Pleasures Of Menopause





Synopsis

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Book Information

Hardcover: 192 pages

Publisher: Hay House; 1 edition (October 15, 2008)

Language: English

ISBN-10: 1401922376

ISBN-13: 978-1401922375

Product Dimensions: 7.3 x 6.2 x 0.7 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 65 customer reviews

Best Sellers Rank: #382,667 in Books (See Top 100 in Books) #16 inà Â Books > Health, Fitness

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Customer Reviews

"Northrup writes from experience and, more importantly, from her professional expertise as a physician who has treated many women and researched menopause." -Publishers Weekly

Christiane Northrup, M.D., a board-certified ob-gyn, is a visionary pioneer; beloved authority in women \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s health and wellness; and the author of the New York Times bestsellers Women \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s Bodies, Women \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s Wisdom and The Wisdom of Menopause. Her third book, Mother-Daughter Wisdom, was voted \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s number one book of the year in both

Parenting and Mind/Body Health in 2005. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women create vibrant health through tapping into their inner wisdom.

I was disappointed because the book didn't really have much new that I didn't already know. Was hoping for more juice based on the title!However, I did glean some interesting info on nitric oxide, so will be quoting her in my next book. Apparently this stuff really helps with orgasms. She also give info on how to increase it. There is an entire chapter on that, which did make the book worthwhile for me. There is also a chapter on "7 keys that will open the door to wonderful sexuality and sensuality after menopause" which basically entail old-idea things like lingerie, music, bubble baths, affirmations, and g-spot stimulation. She claims that post menopausal women are most active when they find a new partner. But for those of us who are happily married, she suggests BEING the new partner, reinventing yourself.

I ordered this book because of the problems I was having with menopause. Dr Northrup's words of encouragement along with her medical advice helped me tremendously. I now use an estrogen tablet vaginally which has changed my sex life around. I now enjoy a sexual life that I was missing out on so badly. Thank you Dr. Northrup! Life is Good!!

My wife loves the book.

I was hoping for more general information about menopause and practical ways to combat issues. Though she does give specific ideas on how to thrive during this time, much of her ideas are related to one's sex life. Much of what she shares I already know. I was hoping to get a new perspective.

I found it to be a cute and uplifting book that espouses the positive aspects of menopause. I hit the change at a very very early age. None of my friends wanted to talk about it then because they were/are afraid of it. Even tho I did not have this book then, I have it now. If my friends wish to talk about menopause at all now, I'll simply recommend this book:)

My mother passed away ten years ago and I really didn't have anyone to talk about menopause with. Dr. Northrup is wonderful. She has blessed my lift with her books.

She hits it out of the park feel bad about getting older ladies you won't after reading this book you will feel valued and beautiful about your wisdom you now have.

This was a book for my mom, not me, LOL. She loved it, helped her immensely. Since then she only goes through for her books. Thank you!

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