

## Is it Me or is it Hot in Here?: A Modern Woman's Guide to the Menopause



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## IS IT ME OR IS IT HOT IN HERE?: A MODERN WOMAN'S GUIDE TO THE MENOPAUSE

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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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