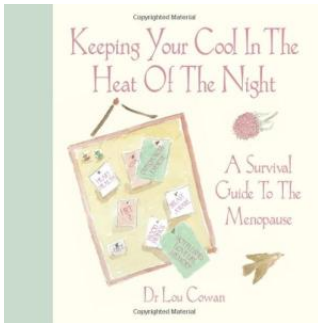


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KEEPING YOUR COOL IN THE HEAT OF THE NIGHT: A SURVIVAL GUIDE TO THE MENOPAUSE



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