



## Menopause (52 Brilliant Ideas)

*Infinite Ideas, Monica Troughton*

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Menopause brings together over 50 inspiring ideas for taking control of your menopause, and turning what might otherwise be a difficult, challenging and isolating time into an experience that will leave you more vital, more energetic and more positive than ever before. With tips and advice on everything from dealing with the physical changes, to coming to terms with the psychological effects the menopause brings, via fantastic beauty and health tips, advice on keeping your sex drive alive, and the low-down on both natural and medical methods of controlling and dealing with the business of the menopause, Menopause has it all covered. Empowering, positive and practical, this book will give you exactly what you need to make your own 'change' one of the most thrilling times of your life.

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