

Could It Be...Perimenopause?: How Women 35-50 Can Overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction, and Other Telltale Signs of Hormonal Imbalance

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A groundbreaking & definitive guide to alleviating the symptoms most women experience during the decade before menopause. With a clear & compassionate discussion of both physical & emotional issues, Dr. Goldstein shows women how to exchange the chronic subtle & not-so-subtle symptoms of perimenopause for greater vitality & health.