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Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife--and will continue to do so for

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In The Wisdom of Menopause, the bestselling author of Women's Bodies, Women's Wisdom and Mother-Daughter Wisdom gives you all the medical and nutritional advice you need about the menopause. In particular, Dr Northrup examines the connection between the menopause and a woman's emotional and spiritual development during this important period of her life.

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November 4, 2019. Menopause. Research into the physiological changes taking place in perimenopausal woman is revealing that, in addition to the hormonal shift that means an end to childbearing, our bodies—and, specifically, our nervous systems—are being, quite literally, rewired. There is much, much more to this midlife transformation than “ raging hormones. ” .

The Wisdom of Menopause | Christiane Northrup, M.D.
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The Wisdom of Menopause: Creating Physical and Emotional ...
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bodies are sending -- that this is a time of personal empowerment and positive energy ... and a time for women to break free and thrive.

The Wisdom of Menopause: Creating Physical and Emotional ...
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The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change (Hardcover) Published October 31st 2006 by Bantam. Hardcover, 656 pages. Author (s): Christiane Northrup. ISBN: 0553804898 (ISBN13: 9780553804898) Edition

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