

Hot Flush Motherhood The Menopause And Me

When Nina Collins entered her forties she found herself awash in a sea of hormones. As symptoms of perimenopause set in, she began to fear losing her health, looks, sexuality, sense of humor--perhaps all at once. Craving a place to discuss her questions and concerns, and finding none, Nina started a Facebook group with the ironic name, "What Would Virginia Woolf Do?," which has grown exponentially into a place where women--most with strong opinions and fierce senses of humor--have surprisingly candid, lively, and intimate conversations. Mid-life is a time when women want to think about purpose, about how to be their best selves, and how to love themselves as they enter the second half of life. They yearn to acknowledge the nostalgia and sadness that comes with aging, but also want to revel in their hard-earned wisdom. Part memoir and part resource on everything from fashion and skincare to sex and surviving the empty nest, *What Would Virginia Woolf Do?* is a frank and intimate conversation mixed with anecdotes and honesty, wrapped up in a literary joke. It's also a destination, a place where readers can nestle in and see what happens when women feel comfortable enough to get real with each other: defy the shame that the culture often throws their way, find solace and laugh out loud, and revel in this new phase of life.

FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on *Our Bodies, Ourselves* to provide the most comprehensive, honest, and accurate information on women's health. Now, in *Our Bodies, Ourselves: Menopause,*

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the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, *Our Bodies, Ourselves: Menopause* includes definitive information from the latest research and personal stories from a diverse group of women. *Our Bodies, Ourselves: Menopause* provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. *Our Bodies, Ourselves: Menopause* is an essential resource for women who are experiencing -- or expecting -- menopause.

Are you missing the vibrant, exciting sex life you used to have? Do you avoid sex because it is uncomfortable? Or even painful? Are you faced with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Are you ready to . . . love sex again? For millions of women in America, sex is not the pleasurable, fun activity it once was. For many, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience—whether due to PMS or pregnancy or while postpartum or perimenopausal, and beyond—and it is not surprising that sex becomes, well, a little less sexy. Common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. If you've been unwilling or afraid to talk to your doctor about your problems in the bedroom, or if you have asked your physician for help and want advice beyond "take a bubble bath" or "try a lubricant," then *Love Sex Again*

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is your guide to reclaiming the sex life you want . . . and deserve! Meet Lauren Streicher, the doctor who will change your life. Dr. Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom once and for all. In *Love Sex Again*, Dr. Streicher covers the full scope of issues regarding sexuality—from flagging libido to vaginal dryness to sex after menopause, and so much more. She cuts through the hearsay on the use of hormone replacement therapy and discusses which hormonal products women of all ages can and should use, and why. She explains why some women experience a complete loss of libido due to medication, birth control, or a cycle of painful sex that basically shuts down desire—and how to reverse this trend. She illustrates the possible sources of sexual discomfort—everything from skin disorders to endometriosis—and offers solutions on drugs and treatment that can stop the pain. And, for the first time, Dr. Streicher helps women who have endured medical issues such as heart disease, diabetes, and cancer to reclaim sex as a part of their lives during and after treatment. Knowledge is always the best weapon—and *Love Sex Again* offers a wealth of it, along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

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Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

THE CLOCK TICKER'S REPRIEVE tells the stories of five women who freeze their eggs and chronicles how it affects their lives.

The essential guide for women over 40 who are on the perimenopausal roller coaster of hormone fluctuations, and would like to get their mojo back! Natural and practical solutions for lasting weight loss, boundless energy, balanced moods and hormone harmony, along with a comprehensive 30 day plan

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to get results fast.

For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned acupuncturist and fertility expert Danica Thornberry has guided thousands of women along a journey back to themselves to reclaim their fertility - and their lives. In *Stick It to Me, Baby!* Danica weaves together the wisdom of Chinese medicine and the insights from her own pilgrimage to baby into a tapestry of inspirational stories collected within the walls of her practice. She reveals how changing our attitude about infertility can lead to profound healing - turning the quest for baby into a powerful and transformative journey toward wholeness and love.

Hot flashes. Vaginal atrophy. Social stigma. The comics in this unapologetic anthology prove that when it comes to menopause and its attendant symptoms, no one needs to sweat it alone. Featuring works by comics luminaries such as Lynda Barry, Joyce Farmer, Ellen Forney, and Carol Tyler, *Menopause* is the perfect antidote to the simplistic, cheap-joke approach that treats menopause as a cultural taboo. This anthology challenges stereotypes with perspectives from a range of life experiences, ages, gender identities, ethnicities, and health conditions. Other contributors include Maureen Burdock, Jennifer Camper, KC Councilor, MK Czerwiec, Leslie Ewing, Ann M. Fox, Keet Geniza, Roberta Gregory, Teva Harrison, Rachael House, Leah Jones, Monica Lalanda, Cathy Leamy, Ajuan Mance, Jessica Moran, Mimi Pond, Sharon Rosenzweig, Joyce Schachter, Susan Merrill Squier, Emily Steinberg, Nicola Streeten, A. K. Summers, Kimiko Tobimatsu, Shelley L. Wall, and Dana Walrath. Discourses of menopause are varied and complex, just as the lives of women themselves are diverse and multifaceted. Traditionally, menopause has signalled the end of the child-

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bearing years and the "change of life," a time when women might experience a great deal of change, in many ways. But menopause can also be understood as a natural physical change, or a time of hormonal change, or as a passage from one way of life to a different one, often accompanied by emotional flux and changes in ways women think about themselves. For this study of menopause and women's lives, using life story methodology I have gathered information, anecdotes, poems, and personal revelations through interviews conducted with ten women. Drawing on the stories of their lives, I have explored the ways women think about their experience of menopause and related aspects of their lives. The feminist poststructuralist framework I have used consists of two elements, poststructuralism and feminism. The poststructuralist framework uses theories of language and concepts of discourse, dualisms, subjectivity and consciousness, power, diversity, and context. Taking a feminist approach to poststructuralism enables women's voices to be recognized as meaningful within this framework, while acknowledging the possible restrictions of society's structures as well as women's agency in their personal lives and within society. From a poststructuralist perspective, the aim is to increase understanding through a multiplicity of methods, from exploring the historical background and existing research on menopause, and presenting the data in a variety of ways. In this research, the data is displayed in a form that enables readers to read and reflect on what the women say and on their creative writing, with minimum input from the researcher. Separately, the data is examined from the perspective of feminist sociology. The research process, for myself, was one of learning through talking with other women, delving into different forms of knowledge, and coming to think in new ways.

You might have earned your wrinkles if: You are married to a

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Wrinkle Maker, like I am. Like me, you bought the best bathing suit of your life, then saw a maternity tag on it, and it fit! You called your gynecologist by mistake to make a dental appointment, and then told her it was an emergency and you had a large cavity to fill. If so, we must be related. Your husband asked the plastic surgeon if he charges per wrinkle. Then he asked for a payment plan. You've reached the point where all of your children look alike. You run through the list of kid's names until one finally answers. Your brow has furrowed so long and hard while you tried to remember why you came to the store that you gave yourself new wrinkles. (Only to realize that you were there for wrinkle cream!) Sound familiar? If so, join me and let's celebrate a life filled with laughter, joy, fury, love, memory loss, pure confusion, estrogen, and lack of estrogen, hot flashes, and I forget what else. I hope you enjoy the ride!"

HAS "THE CHANGE" COME TOO SOON ? DON' T WORRY, YOU'RE NOT ALONE! Every year more than two million women enter early menopause and find themselves suddenly dealing with a host of unforeseen (and little discussed) issues. In *Before Your Time*, Evelina Weidman Sterling and Angie Best-Boss provide expert advice and answer all your questions, including: Is it safe to start hormone therapy in your thirties rather than in your fifties? What are your fertility options? How can you combat the long-term effects of early menopause, such as a greater risk of osteoporosis, heart disease, and diabetes? How will early menopause affect your relationships? Your sex life? Your sense of self? *Before Your Time* brings you the best-researched, most up-to-date answers to all those tough-to-ask questions. The good news: there is more research and information available now than ever before to keep you safe and healthy, and it's all right here!

At the age of thirty-three, Michelle Heaton, singer, TV

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presenter, star of the hit ITV show *The Real Full Monty*, mother and wife underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation. The journey that Michelle's body embarked upon following the surgeries led her into the menopause in her mid-thirties. In *Hot Flush*, Michelle traces her path from pop stardom with Liberty X through her burgeoning television career and how she came to discover the truth about the gene mutation and its consequences for her. Though her story is undoubtedly unique, what's not is her understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women - over 13 million women in the UK - estimated to be experiencing the menopause. Candid and honest, *Hot Flush* details Michelle's struggles with dealing with the menopause in her own head as well as in her marriage, family life and the work place. She details the emotional and physical challenges she has faced - the explosive moods, the hot flushes and the mourning of the loss of a woman's sex appeal. Along the way, she offers real help and advice on how to stay healthy in mind and body. Inspiring, raw and unfailingly honest, *Hot Flush* is a candid approach to introducing your body to its next chapter.

The Essential Book for Every Woman Over 35 You're in the prime of life. As far as you know, menopause could be years away. So why is your body sending you such weird messages? Women today can't afford to lose time and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precede menopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the information you need to take charge of your physical and emotional well-being:

- Hormone treatment

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before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women • Herbs, soy, and other alternative therapies that are backed by solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!

'Maisie's knowledge of hormones changed my life... you need this book' - Anna Jones An empowering guide to make perimenopause and menopause a positive experience.

During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but there is little in the way of evidence-based information out there to help and guide us. Perimenopause Power is the essential handbook to understanding what the hell's going on and to empower us to improve our experience of the dreaded 'change'. Maisie Hill, a women's health practitioner, founder of The Flow Collective, and bestselling author of Period Power, takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity. In this invaluable guide she shares tips and advice to support women through the challenge of wildly fluctuating hormones. A must-read for anyone looking for a well-researched, evidenced-based book on perimenopause and menopause that gives women the information they need to address their hormonal needs. Perimenopause Power will help women to understand what's going on with their bodies and how to deal with troublesome

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symptoms, and share valuable insights into making it a positive and powerful experience.

The essential, sassy "girlfriend's guide" to cruising through menopause--by a Brit-pop party girl turned taboo-busting and answer-seeking menopause ambassador. Too many women think of menopause as the beginning of the end After all, hot flashes, night sweats, insomnia, brain fog, memory lapses, vaginal dryness, lack of libido, weight gain, irritability, and greater risk for heart disease and osteoporosis aren't exactly things to look forward to, right? Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the midst of "the change." When she launched the Megs Menopause website, it quickly became the trending online destination for pre- and menopausal women all over the world. Now, in *The New Hot*, Mathews offers the results of all her research and discussions: the latest information about hormone treatments (hormone replacement therapy and bioidentical hormone therapy), her best tips and techniques for coping with menopausal symptoms (there are officially thirty-four possible symptoms; Mathews has dealt with thirty-two), and dishy, girlfriend-to-girlfriend advice about what to really expect when you're aging. Entertaining, stylish, and informative, *The New Hot* will be the resource women everywhere are talking about, learning from, and recommending to one another.

"Many days I believe menopause is the new (if long overdue) frontier for the most compelling and necessary philosophy; Darcey Steinke is already there, blazing the way. This elegant, wise, fascinating, deeply moving book is an instant classic. I'm about to buy it for everyone I know." —Maggie

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Nelson, author of *The Argonauts* A brave, brilliant, and unprecedented examination of menopause Menopause hit Darcey Steinke hard. First came hot flashes. Then insomnia. Then depression. As she struggled to express what was happening to her, she came up against a culture of silence. Throughout history, the natural physical transition of menopause has been viewed as something to deny, fear, and eradicate. Menstruation signals fertility and life, and childbirth is revered as the ultimate expression of womanhood. Menopause is seen as a harbinger of death. Some books Steinke found promoted hormone replacement therapy. Others encouraged acceptance. But Steinke longed to understand menopause in a more complex, spiritual, and intellectually engaged way. In *Flash Count Diary*, Steinke writes frankly about aspects of Menopause that have rarely been written about before. She explores the changing gender landscape that comes with reduced hormone levels, and lays bare the transformation of female desire and the realities of prejudice against older women. Weaving together her personal story with philosophy, science, art, and literature, Steinke reveals that in the seventeenth century, women who had hot flashes in front of others could be accused of being witches; that the model for Duchamp's famous *Étant donnés* was a post-reproductive woman; and that killer whales—one of the only other species on earth to undergo menopause—live long post-reproductive lives. *Flash Count Diary*, with its deep research, open play of ideas, and reverence for the female body, will change the way you think about menopause. It's a deeply feminist book—honest about the intimations of mortality that menopause brings while also arguing for the ascendancy, beauty, and power of the post-reproductive years.

The instant New York Times bestseller! "In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish

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and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives." --from the foreword by Maria Shriver

The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health. In this revolutionary book, Dr. Lisa Mosconi, director of the Women's Brain Initiative at Weill Cornell Medical College, provides women with the first plan to address the unique risks of the female brain. Until now, medical research has focused on "bikini medicine," assuming that women are essentially men with breasts and tubes. Yet women are far more likely than men to suffer from anxiety, depression, migraines, brain injuries, and strokes. They are also twice as likely to end their lives suffering from Alzheimer's disease, even when their longer lifespans are taken into account. But in the past, the female brain has received astonishingly little attention and was rarely studied by medical researchers-- resulting in a wealth of misinformation about women's health. The XX Brain confronts this crisis by revealing how the two powerful X chromosomes that distinguish women from men impact the brain first and foremost and by focusing on a key brain-protective hormone: estrogen. Taking on all aspects of women's health, including brain fog, memory lapses, depression, stress, insomnia, hormonal imbalances, and the increased risk of dementia, Dr. Mosconi introduces cutting-edge, evidence-based approaches to protecting the female brain, including a specific diet proven to work for women, strategies to reduce stress, and useful tips for restorative sleep. She also examines the controversy about soy and hormonal replacement therapy, takes on the perils of environmental toxins, and examines the role of our microbiome. Perhaps best of all, she makes clear that it is never too late to take care of yourself. The XX Brain is a rallying cry for women to

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have full access to information regarding what is going on in their brains and bodies as well as a roadmap for the path to optimal, lifelong brain health.

Blogger Marcia Kester Doyle tells it like it is and nothing is off limits. *Who Stole My Spandex?* is a witty selection of stories from Doyle's madcap world of menopausal pitfalls, wardrobe malfunctions, and a family full of pranksters. This clever compilation includes laugh-out-loud pieces like "Queen of Klutz," "One Size Fits None," and "Hands off my Egg Roll!" From couples' colonoscopies to nightmare holidays to disappearing spandex, no topic-no matter how crazy or unimaginable-is too taboo. With a heavy dose of self-deprecating humor, and a dash of sentiment, this marvelous collection of anecdotes will resonate with anyone who's ever felt the call of nature at exactly the wrong time. Welcome to the nuthouse that Marcia Kester Doyle calls home.

Mischief, Miracles, Motherhood, and Menopause shares the stories of where author Julie B.s life has taken her and what she has learned from each experience. Dubbing herself *The Maverick Messenger*, she is a therapist, artist, singer-songwriter, author, wife, mother, and recovering alcoholic. She tells humorous and touching tales of being the baby of her family, dealing with the realities of flat-chestedness, surviving the pregnancy and birth of twins, and dating again after a divorce. She offers her take on being an overwhelmed mother of three teenagers while mired in the hormonal hell of menopause. Julie also candidly shares painful and heartfelt stories about her rape at age twelve, her experiences with drinking through

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the ten years that covered her twenties, and her journey through recovery and divorce as well as two miscarriages, a house-fire, three hurricanes, and her father's death. Although each experience was devastating in its own right, as a whole they have given her a down-to-earth perspective on love, faith, and relationships. She hopes to inspire others to reevaluate their own lives and relationships with an open mind and heart. Her light-hearted, humorous perspective on a variety of subjects from adolescence to alcoholism will keep you laughing and crying at the same time.

When Ada Calhoun found herself in the throes of a midlife crisis, she thought that she had no right to complain. She was married with children and a good career. So why did she feel miserable? And why did it seem that other Generation X women were miserable, too? Calhoun decided to find some answers. She looked into housing costs, HR trends, credit card debt averages, and divorce data. At every turn, she saw a pattern: sandwiched between the Boomers and the Millennials, Gen X women were facing new problems as they entered middle age, problems that were being largely overlooked. Speaking with women across America about their experiences as the generation raised to "have it all," Calhoun found that most were exhausted, terrified about money, under-employed, and overwhelmed. Instead of their issues being heard, they were told

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instead to lean in, take “me-time,” or make a chore chart to get their lives and homes in order. In *Why We Can't Sleep*, Calhoun opens up the cultural and political contexts of Gen X's predicament and offers solutions for how to pull oneself out of the abyss—and keep the next generation of women from falling in. The result is reassuring, empowering, and essential reading for all middle-aged women, and anyone who hopes to understand them.

For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows everything worth knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings

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from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain

Combines ethnographic research with personal stories to provide a portrait of the daily lives of people who defy or violate the rules and conventions of the social norms regarding body modification, piercings and tattoos.

A MOTHER, A FULL MOON, AND MENOPAUSE.

WHAT COULD GO WRONG? The last thing that Gillian Campbell wants is more change in her life.

After all, she recently lost her business and moved to the country. She's just trying to unpack, get her kids to eat breakfast, and successfully conquer the school drop-off. And now her doctor is telling her that she's in menopause? What the hell? She's only forty-two! As Gillian grapples with what she hopes will be the last big change for a while, she discovers that she's only at the tip of the iceberg and that all those words used to describe menopause, like 'the change' and 'transitions', were not just metaphorical. THIS IS A WEREWOLF TALE WITH A TWIST

“A sassy, accurate, and enormously helpful romp

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through the midlife transition known as menopause . . . I highly recommend it to all women who want to embrace all the possibilities offered by this change, including vibrant health, a sense of humor, a renewed sense of purpose, and the best sex of your life.”—Christiane Northrup, MD, #1 New York Times bestselling author of *The Wisdom of Menopause* Brit-pop icon and outspoken menopause ambassador Meg Mathews refused to move quietly into this stage of midlife. Rejecting the idea that we should live in fear, suffer silently, or medicate ourselves unnecessarily through this natural hormonal shift, Mathews set out to get answers and advice from the medical establishment, alternative therapists, and her many friends in the midst of “the change.” When she launched the *Megs Menopause* website, it quickly became the trending online destination for pre- and menopausal women all over the world. *The New Hot* is her no-holds-barred guide to menopause, designed to empower and entertain in equal measure, including:

- The latest information about hormone therapy and bioidentical hormone therapy
- Her best tips and techniques for coping with menopausal symptoms (There are officially thirty-four possible symptoms; Mathews has personally dealt with thirty-two!)
- Dishy, girlfriend-to-girlfriend advice about what to really expect when you’re aging

Honest, stylish, and informative, *The New Hot* will help you take on menopause—and keep

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you sense of self, style, and humor intact.

A Best Book of the Summer: USA Today, Town & Country, The Philadelphia Inquirer, BuzzFeed, Real Simple, The Millions, and more. "A virtuosic, singular and very funny portrait of a woman seeking sanity and purpose in a world gone mad." --The New York Times Book Review "Riddled with insights into aging, womanhood, and discontent, Wayward is as elegant as it is raw, and almost as funny as it is sad."

--Philadelphia Inquirer "A comic, vital new novel"

--The New Yorker A "furious and addictive new novel" (The New York Times) about mothers and daughters, and one woman's midlife reckoning as she flees her suburban life. On the heels of the election of 2016, Samantha Raymond's life begins to come apart: her mother is ill, her teenage daughter is increasingly remote, and at fifty-two she finds herself staring into "the Mids"--that hour of supreme wakefulness between three and four in the morning in which women of a certain age suddenly find themselves contemplating motherhood, mortality, and, in this case, the state of our unraveling nation. When she falls in love with a beautiful, decrepit house in a hardscrabble neighborhood in Syracuse, she buys it on a whim and flees her suburban life--and her family--as she grapples with how to be a wife, a mother, and a daughter, in a country that is coming apart at the seams. Dana Spiotta's Wayward is a stunning novel about aging, about the female

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body, and about female complexity in contemporary America. Probing and provocative, brainy and sensual, it is a testament to our weird times, to reforms and resistance and utopian wishes, and to the beauty of ruins.

Hot FlushMotherhood, the Menopause and MeMichael O'Mara Books

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

"The future doesn't frighten me, but sometimes I wish there was help, a type of midlife mom roadside assistance—someone who would show up exactly when you need it and tell you how to handle the problem." -Janice Stewart, mother at thirty-nine to Joshua
What's a woman to do when she's facing menopause, toddlers, and elder care all at the same time? Women who have "been there and done that" provide some insight in *Midlife Motherhood*. Offering humor, warmth, and frankness, this is a handholding guide for the uninitiated.
What's on their minds: · Common fears and concerns: from Down's syndrome to being too old · Fertility challenges and what to physically expect from pregnancy · How to juggle postpartum demands—parenting, working, caring for aging parents . . . and all at once! · Getting back into shape · Hot flashes and warm bottles: coping with hormonal changes while caring for a new baby

Surgical menopause is a different beast when compared to natural menopause. No worse, no better. Just different. It involves removing a sizeable chunk of our endocrine system, and yet the majority of us are sent on our way after surgery

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with little more advice or information than: 'lift nothing heavier than a kettle of water for six week, and refrain from sex for the same duration'. Not Your Typical Menopause is a unique collection of narratives from women with lived experience of surgical menopause. Open, honest, courageous and brutally frank. If a surgical menopause is looming for you, this book will help ensure you are better informed and better able to meet some of the unique challenges that will likely ensue. Because, when it comes to our health, forewarned is indeed forearmed, and knowledge is power.

It's rightly said that Motherhood is one of the greatest blessings from God. To give birth to a Healthy Baby right from the day a woman conceives through almost a year, i.e., nine months is indeed a tough job! However, this job can be simplified by eating the right foods, consuming the right drinks and adopting the right and healthy habits. This book is a complete guide for a pregnant woman. It gives all the important facts, such as, Prior to Conception and after it, All the develop-ments and changes that occur in the body during the First, Second and Third Trimesters of Pregnancy, The Three Stages of Labour, Breast and Breast-feeding, How to prevent a Pregnant woman from getting affected from AIDS or other Vaginal and Infectious Diseases, etc. Planning for a baby is a matter of pleasure and joy but on the other hand, a big duty or responsibility. Therefore, correct knowledge about pregnancy and how to deal with it provides an expectant woman, not only a painless delivery but also a healthy and jubilant baby. This is the sole aim of the book and hope it serves as a helpful guide for all women, especially the ones who are becoming a mother for the first time!

Women's Lives: A Psychological Exploration, 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women. This text offers the unique combination of a chronological

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approach to gender that is embedded within topical chapters. Cutting-edge and comprehensive, each chapter integrates current material on women differing in age, ethnicity, social class, nationality, sexual orientation and ableness. The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing, student activities, and critical thinking exercises. With over 2,100 new references emphasizing the latest research and theories, the authors continue to pique interests in psychology of women.

Judy Batalion grew up in a house filled with endless piles of junk, obsessively gathered and stored by her hoarder mother. The first chance she had, she escaped the clutter to create a new identity - one made of order, regimen and clean white walls. Until, one day, she found herself enmeshed in life's biggest chaos: motherhood. Told with heartbreaking honesty and humour, this is Judy's poignant account of her trials negotiating the messiness of motherhood and the indelible marks that mothers and daughters make on each other's lives.

Understand menopause with all its changes and challenges, and choose practices and treatments to make this next stage in your wellness journey healthy, positive, and joyful. Your menopause is unique to you--a milestone on your personal well-being journey. A lucky few will breeze through it, but for most women this time of hormonal upheaval brings up a variety of challenging symptoms. This ebook is for you if you want to understand menopause better and find the right combination of resources for you--enabling you to stay physically, mentally, and spiritually well throughout the process. Find out how to adapt your existing wellness practices and build in new ones to smooth the path of your menopause: adopt yoga poses to calm hot flashes or help you sleep; use essential oils to balance hormones and lift

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mood; enjoy foods that boost energy and sharpen focus; discover the best exercises for strong bones and a healthy heart; meditate and use CBT to relieve anxiety; find out how Ayurveda can help you maintain thick hair and supple skin; enjoy aromatherapy massage to clear mind-fog or soothe joint pain. Discover how to attend to your specific needs in a mindful, positive way, either alongside or without prescription medication. Your go-to e-guide to helping yourself make the transition an energizing, liberating experience, *Natural Menopause* helps you take charge and embrace the change. This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?” The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands. Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other

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sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

Since Dr. Brizendine wrote *The Female Brain* ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on

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neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women's brain function. In *The Female Brain*, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

The distillation of the wisdom, insight, and practical advice gathered during Nancy London's years as a support-group leader, *"Hot Flashes, Warm Bottles"* is the first guidebook written for the multitudes of older moms. London recognizes that the concerns of these moms are unique, as different from those of young mothers as they are from older mothers with grown children. The story she has to impart is her own, both in its surprises and challenges, delights and triumphs, and it's one that no midlife mother should be without.

'You become what you see. What you see determines what you believe - and the most powerful way of inspiring people is with images. My goal with AndBloom is to motivate women to embrace life without fear. To provide examples of women between the age of 40 and, currently, 100, so that any woman can open this book and see themselves recognized.'

Denise Boomkens launched the AndBloom project on Instagram in 2018, to create a 'happy place for women over 40' - a community where women can be themselves and where aging is celebrated instead of feared. In this, her first book, she shares her own experiences of aging and brings together portraits and interviews with more than 100 extraordinary 'ordinary' women to create both a gloriously illustrated celebration of female beauty over 40 and an

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empowering handbook to aging happily.

WHY NOW? WHY ME? Today, millions of women in their twenties and thirties, many of whom are just beginning to plan a family, are receiving the shocking news that their reproductive years are already over. They are in premature menopause -- menopause years before its time. Whether due to an autoimmune disorder, surgery, chemotherapy, radiation, or the often undiagnosed condition known as Premature Ovarian Failure (POF), premature menopause is common, increasing -- and almost always traumatic. If you are one of the women experiencing early menopause, you have hundreds of questions, but have probably found few answers...until now. The Premature Menopause Book is the first book focusing on this difficult transition -- written by a woman who faced the same questions: What can I do about it? Do I need hormones? How can I have a baby despite this condition? How can I feel like "me" again? The Premature Menopause Book provides the latest information on health and emotional issues, explores all of your options, lists resources, websites and support groups, shares the experiences and advice of women going through this experience, answers frequently asked questions and offers the support and understanding you need.

From the bestselling author of *Between Husbands and Friends* and *An Act of Love* comes a wise, wonderful, and delightfully witty "coming of age" novel about four intrepid women who discover themselves as they were truly meant to be: passionate, alive, and ready to face the best years of their lives. Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets—all feeling over the hill and out of the race. But in a moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double

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servings of chocolate cake, they vow to help each other . . . and themselves. Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she's struggling with creative block and an empty, lonely house. Now she's got a tricky problem to bring to the club's table: how can they catch her perfect son-in-law cheating on her only daughter Laura? Shirley, the healer. Though her yoga-slender body belie her years, decades of dating losers and the strain of being broke make her feel her age. Shirley has a secret dream: a wellness spa that nurtures body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club. Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she's almost become one herself. Worried that her brilliant but nerdy son is about to marry the very wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results. Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are murder on her arthritic back and the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she's about to discover something extraordinary: contentment. For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it—be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they can have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date— and best of all, with a little help from her friends, a woman can always start over . . . and never, ever, give up what matters most.

The menopause. It is a huge part of every woman's life and yet it remains one of society's last taboos. An emotionally complex issue that can trigger a whole host of physical and mental side effects, it's a big deal. So why aren't we talking about it? Talking about stuff is what women do best; we share

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and offload, we laugh and we bond over the ridiculous and incredible things our bodies go through. Hearing other people's experiences is what makes our own so much more bearable - because we know that we aren't alone. This is the book that Andrea McLean wished for as she found herself in uncharted territory, grappling with the physical aftershock of a hysterectomy and the psychological fallout of a difficult menopause. After announcing live on Loose Women that she would be absent from the screen as she recovered from surgery, Andrea was inundated with letters from other women struggling with the realities of the menopause, who were delighted that someone was finally talking openly and frankly about it. Typically candid, and including tips and tricks on diet, exercise and even your sex life, in Confessions of a Menopausal Woman Andrea brings her trademark humour and honesty to a very hot topic.

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