

Kathy Smiths Moving Through Menopause

Kathy Smith's Moving Through Menopause The Complete Program for Exercise, Nutrition, and Total Wellness Grand Central Pub

You want to be the woman your man thinks about when he thinks about oral sex, right? You want to be that woman who blows him up giving him the most amazing blowjob of his life. Do you want to know what is the secret of giving him the best blowjob of his life? When a grown man looks at you and tells you it was the best blowjob ever! I swear it's going to crinkle your toes and put the biggest smile on your face. There is nothing more sexual for a man than a woman who should not humiliate him. But a lot of women are just afraid of oral sex with a man and don't care. Need not worry again. I will Show you the secrets of giving your man the best blowjob of his life? If you desire to know how to give good blowjob, then this is the best book for you. Download it Now and thank me later!

10% of all women have Polycystic Ovary Syndrome. It the most common female endocrine disorder and cause of female infertility in the world. If you have PCOS and want to have a baby, you need this plan. Renowned PCOS expert, Dr. Felice Gersh has turned her groundbreaking book, PCOS SOS, into a 12-week fertility program. Healthy babies start with healthy mothers. Instead of rushing into fertility treatments, Dr. Gersh shows how you can use diet and lifestyle to get truly, deeply, wonderfully healthy and how this naturally restores female fertility. This is the guide for women with PCOS who want to get pregnant, naturally or through IVF, and lower their risk of miscarriage and pregnancy complications. In 12 life-changing weeks, Dr. Gersh will help you: Lower inflammation. Improve insulin sensitivity. Lose weight. Balance your hormones. Remove toxins and endocrine disruptors from your food and home. The PCOS SOS Fertility Fast Track is a proven plan to heal PCOS naturally, restore female rhythms, and dramatically increase fertility.

Don't miss Cathy's new honest, funny and refreshingly relatable novel about real women, real life and real relationships. OTHER WOMEN is available to pre-order now! *** 'Warm, witty and wise' Marian Keyes Three women, three birthdays, one year that will change everything... Ginger isn't spending her thirtieth the way she would have planned. Tonight might be the first night of the rest of her life - or a total disaster. Sam is finally pregnant after years of trying. When her waters break on the morning of her fortieth birthday, she panics: forget labour, how is she going to be a mother? Callie is celebrating her fiftieth at a big party in her Dublin home. Then a knock at the door mid-party changes everything... Treat yourself to the heartwarming and life-affirming new story from international bestseller Cathy Kelly ***

Everyone loves Cathy Kelly: 'This book is full of joy - and I devoured every page of it gladly' - Milly Johnson 'Filled with nuggets of wisdom, compassion and humour, Cathy Kelly proves, yet again, that she knows everything there is to know about women' - Patricia Scanlan 'Packed with Cathy's usual magical warmth' - Sheila O'Flanagan 'A lovely story of life and change' - Prima 'Comforting and feel-good, the perfect treat read' - Good Housekeeping

A yet heartbreakingly honest, endearing memoir of incredible weight loss by a young food blogger who battles body image issues and overcomes food addiction to find self-acceptance. All her life, Andie Mitchell had eaten lustily and mindlessly. Food was her babysitter, her best friend, her confidant, and it provided a refuge from her fractured family. But when she stepped on the scale on her twentieth birthday and it registered a shocking 268 pounds, she knew she had to change the way she thought about food and herself; that her life was at stake. It Was Me All Along takes Andie from working class Boston to the romantic streets of Rome, from morbidly obese to half her size, from seeking comfort in anything that came cream-filled and two-to-a-pack to finding balance in exquisite (but modest) bowls of handmade pasta. This story is about much more than a woman who loves food and abhors her body. It is about someone who made changes when her situation seemed too far gone and how she discovered balance in an off-kilter world. More than anything, though, it is the story of her finding beauty in acceptance and learning to love all parts of herself.

The perennial bestseller on nonmedical approaches to menopause has been updated to cover the latest findings on HRT. 32 photos. 35 tables.

Dr. Alan Christianson, top naturopathic physician and bestselling author of The Adrenal Reset Diet, introduces a four-week cleanse that heals damage to the liver, helping readers unlock the key to rapid weight loss and lower blood sugar. The path to becoming naturally thin isn't as impossible as it may seem. In The Metabolism Reset Diet, you'll unlock the key to rapid, sustained weight loss and lower blood sugar with a four-week cleanse that heals your liver and gives your metabolism new life. The hidden truth is that your liver is actually the key to a healthy metabolism. When it isn't functioning properly, it loses the ability to burn fuel. An overloaded liver can only store fuel as fat - which slows your metabolism and leads to excess weight gain. Even if you cut out sugar and carbs, you can still struggle with weight loss and high blood sugar. With Dr. Alan Christianson's clinically proven program, you'll be able to reverse damage to your liver in just four weeks. Once your liver regains its ability to manage your metabolism, you'll have fewer food cravings, steady energy levels, better digestion, and a metabolism that works optimally. This proven diet is carefully constructed to provide your liver with the nutrients it needs without over fueling, supplying your body with healthy amounts of protein, fiber, micronutrients, and phytonutrients that support liver function. Unlike so many diets that require people to stick to a difficult and restrictive plan, following a liver-friendly eating plan will ensure that your weight and energy stay steady, even if your diet changes. Complete with comprehensive guidelines, meal plans, recipes, and advice on maintenance, The Metabolism Reset Diet will help readers achieve optimal liver function to lose weight and get healthy fast.

The perfect guide to getting healthy by kicking your sugar habit for good with 20 simple, sugar-free success strategies. There's no sugarcoating it: succumbing to sweets too often could damage your health. But to what extent? Most readers already know that succumbing to sweets too often can lead to obesity and diabetes. What many don't know, however, is that too many "quickie carbs" can bring on a host of other maladies-such as "brain fog," fatigue, mood swings, heart disease, and even cancer-from which millions may be suffering because of their sugar or carbohydrate habits. In this engaging, jargon-free book, Connie Bennett and contributing author Dr. Stephen T. Sinatra bring you the shocking truth, backed by medical studies. With insights from thousands of physicians, nutritionists, researchers, and "sugar sufferers" worldwide, SUGAR SHOCK!™ will teach you how to kick the sugar habit for good. "Spills the beans on the shocking impact of simple carbohydrates on aging and quality of life—a double whammy for humanity."—Mehmet C. Oz, M.D., host of The Dr. Oz Show

NEW YORK TIMES, WALL STREET JOURNAL, AND USA TODAY BESTSELLER This book will shine new light on your journey, ignite your practice with new power, inspire new possibilities for growth, and infuse your life with the grace and confidence you seek. --Baron Baptiste A little over a decade ago, Baron Baptiste published his seminal book, Journey into Power. The first of its kind, it introduced the world to Baptiste Yoga, his signature method that marries a lifetime of studying with some of the world's most renowned yoga masters with his uniquely powerful approach to inner and outer transformation. Since then, yoga has steadily moved into the mainstream in our culture, and Baron's unique contribution has played a key role. As millions of participants incorporate yoga into their daily lives, Baron's teachings have evolved to bring them even deeper into their own transformative possibilities. Perfectly Imperfect: The Art and Soul of Yoga Practice takes readers beyond the foundations of the practice by speaking to everything that happens in their bodies and minds after they get into a yoga pose. That is where the true transformation occurs, and where much rich spiritual and emotional growth is available. Readers will learn how to move through their lives with grace and flow, begin again when a situation

becomes difficult, be a yes for their innermost desires, give up what they must, follow their intuition, and find their truth north. With his signature blend of boldness, insightfulness, humor, and warmth, Baron offers what is destined to be an instant classic in the yoga and meditation world. With *Perfectly Imperfect*, he proves once again to be a true yoga master for the modern world. Most of us are no strangers to health problems, illness, or pain, but what if there's a solution to restore our well-being that doesn't involve drugs, surgery, or other medical procedures? Well, there is, and you'll find it within your own body. That's right! Your body has a built-in capacity to heal itself—a remarkable system of self-repair that works day in and day out—and improving its ability to heal is within your control. Yet most people don't fully grasp the body's incredible power to heal itself, largely because traditional medicine has led us to believe that health comes from the outside in and not from the inside out. Did you know, for example, that approximately 50 percent of all illnesses, when left alone, will eventually heal themselves? If you choose to take care of your body every day, it will reward you a thousand times over—improving your odds against everything from heart disease, cancer, and diabetes; to arthritis, allergies, colds, late-winter flu, and more. Remember, you have the power to be and stay healthy because healing truly comes from within. *The Power of Self-Healing* will help you accomplish all this and more!

You can feel like yourself again Hot flashes and sleepless nights? Feeling anxious and irritable? Frustrated with weight gain? It's time for a makeover—a menopause makeover! Based on the latest scientific research, and designed for both pre- and post-menopausal women, *The Menopause Makeover* is a proven, eight-step program to help you reclaim your health—and your life. – Evaluate if hormone therapy is right for you. – Beat belly bulge with *The Menopause Makeover* food pyramid and recipes. – Tone up and trim down with *The Menopause Makeover* fitness formula. – Boost your libido and learn to love intimacy again. – Regain your vibrant, youthful glow with essential beauty tips. – Manage stress and get off the mood-swing roller coaster. – Stay motivated with self-assessments and tools to track your progress.

A surprising new plan to reverse the symptoms of thyroid disease by reducing excess dietary iodine, from integrative physician and New York Times bestselling author Dr. Alan Christianson. "The most innovative treatment plan around."--JJ Virgin, New York Times bestselling author, celebrity nutrition expert, and Fitness Hall of Famer Though the thyroid gland is small, it produces hormones that control the rate of nearly every chemical reaction in the body--turning food into energy, controlling the rate of tissue growth, stimulating the activity of other hormones, and much more. An estimated twenty million Americans have some form of thyroid disease, and up to 60 percent of them are unaware of their condition. Depending on the type and severity of the thyroid disease, symptoms can range from weight gain and fatigue to hair thinning and memory loss. In *The Thyroid Reset Diet*, Dr. Alan Christianson helps readers reverse chronic thyroid diseases like hypothyroidism and Hashimoto's Thyroiditis with nothing more than dietary change: the reduction of iodine intake. Backed by new research showing that proper dietary iodine intake can start to reverse thyroid disease in as little as four weeks, his diet plan contains the optimal amount of iron and dietary iodine to control thyroid hormones, effectively resetting the thyroid. Instead of following a restrictive diet for thyroid health, *The Thyroid Reset Diet* does not require eliminating any food category. Instead, Dr. Christianson recommends food swaps like brown rice instead of processed bread to regulate iodine intake. He shares the latest on supplements and other thyroid health strategies, along with more than sixty-five recipes, weekly meal plans, and maintenance info. His cutting-edge research and clear results, coupled with an easy-to-follow diet plan, will help anyone struggling with thyroid disease.

Introduces a six-week program emphasizing a diet of lean protein, vitamin C-rich vegetables and fruits, and fiber to promote weight control and overall health, along with menus, recipes, and ten-minute workouts to help tone and strengthen every part of th

Reverse the effects of aging and maintain optimal health for life through the revolutionary 6 Keys program by New York Times bestselling author Jillian Michaels. With *Master Your Metabolism*, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and health struggles. Now she's ahead of the curve again -- conquering the mayhem, myths, and misunderstandings associated with aging. After all, if you can decide your weight, why not your age? Scientists and doctors have identified six major age inciters: metabolism, damaged macromolecules, epigenetics, inflammation, stress adaptation, telomeres. The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of them -- and gets them working for you instead of against you. Empowering and rigorously researched, *The 6 Keys* outlines powerful lifestyle interventions, dietary guidelines, exercise plans, and vanguard strategies for cultivating mindfulness that restore and protect human performance, keeping you fit, healthy, and beautiful for life.

Bestselling lesbian romance author Sherryl D. Hancock is back with her brand new CalFire series. Battalion Chief Hunter Briggs is struggling with the loss of her wife. Just when she thinks she can't hold on anymore, she is reminded of another lost love. Kori is the one that got away, and years later Hunter is unexpectedly thrust back into Kori's life. But it's not easy moving on when the past still haunts her at every turn. Filled with love, loss, and characters that will steal your heart, this new series will take you into the flames on a ride like never before.

From Heather Corinna, founder and director of Scarleteen.com, and Isabella Rotman, cartoonist and sex educator, comes a graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings. Join friends Malia, Rico, Max, Sam and Alexis as they talk about all the weird and exciting parts of growing up! This supportive group of friends are guides for some tricky subjects. Using comics, activities and examples, they give encouragement and context for new and confusing feelings and experiences. Inclusive of different kinds of genders, sexualities, and other identities, they talk about important topics like: - Bodies, including puberty, body parts and body image - Sexual and gender identity - Gender roles and stereotypes - Crushes, relationships, and sexual feelings - Boundaries and consent - The media and cultural messages, specifically around bodies and sex - How to be sensitive, kind, accepting, and mature - Where to look for more information, support and help A fun and easy-to-read guide from expert sex educators that gives readers a good basis and an age-appropriate start with sex, bodies and relationships education! The perfect complement to any school curriculum.

What if your lack of mobility isn't due to your age, but simply the number of years you haven't been moving well? *Dynamic Aging* presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels. To combat the idea of being 'too old' to make great improvements, *Dynamic Aging* is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move,

you can change how you feel.

Primal Endurance applies an all-encompassing approach to endurance training that includes primal-aligned eating to escape carbohydrate dependency and enhance fat metabolism, building an aerobic base with comfortably paced workouts, strategically introducing high intensity strength and sprint workouts, emphasizing rest, recovery, and an annual periodization, and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules. When you go Primal as an endurance athlete, you can easily reduce excess body fat, avoid overtraining and burnout that comes from the typical chronic training approach, spend fewer hours training and still go faster, have a more enjoyable, balanced approach to the sport instead of the typical compulsive approach, and finally have more energy and enjoyment of daily life, because of your stress-moderated approach to training."

Demonstrates a fitness program that includes warm-ups, low impact aerobics, weight lifting, stretches, and cool-downs, and briefly discusses diet.

Lucy and Charlie Tuttle agree on one thing: they're committed to each other for life. Trouble is, neither of them expected life to look like this. While Charlie retired early, Lucy is devoted to a long-term career . . . until the day she has no choice. Forced to retire from her position as music educator in a small Midwestern K-8 school, Lucy can only watch helplessly as the program her father started years ago disintegrates before her eyes. As the music fades and a chasm separates her from the passion of her heart, Lucy wonders if her faith's song has gone silent, too. The musical score of her life seems to be missing all the notes. When a simple misstep threatens to silence Lucy forever, a young boy and his soundless mother change the way she sees—and hears—everything.

From near bankruptcy to creating her own multimillion-dollar business, an entrepreneur's inspirational journey of listening to her soul's voice calling for her to rise. Raw and richly authentic in its ups and downs, fitness entrepreneur Danette May's deeply personal memoir is a clear calling to unlock the power we each possess deep within our souls. After the tragic loss of her son and a marriage that ended in divorce and near-bankruptcy, May found herself questioning all that she had been and all that she thought she could be. But even through the shambles, she began to hear a voice inside telling her it was time. May never predicted that her journey would take her to a world bikini competition, to a sacred healer in Costa Rica, or through a re-examination of who and what home was. And she definitely didn't know it would lead to establishing her own international business, touching the lives of millions of people around the world. Yet it was her soul's calling that led her there. By embracing her own radical truth, May was able to unearth the self-love and forgiveness she needed to connect with her greatest self. And with an accepting and forgiving embrace, she calls for you to rise to be the you that you are meant to be.

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 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.

Having helped millions get in shape with her best-selling workout videos, a popular fitness expert now uses her years of experience to motivate readers to a more healthy overall lifestyle and includes tips on how to reverse self-destructive habits. Tour.

Read Virginia Ironside's posts on the Penguin Blog. A screamingly funny and poignant story about embracing life beyond middle age Marie Sharp is heading toward sixty and is just fine with it. She's already had plenty of excitement in her life: sex and drugs in the freewheeling sixties, career and children, marriage and divorce. Now she's ready to settle into a quiet, blissfully boring routine. No Italian classes or gym memberships or bicycle trips across Europe, thank you very much! Marie just wants to put her feet up and "start doing old things." She's even sworn off men! But as it turns out, life still has some surprises in store, the biggest of which is a new grandson on the way. What's more, Archie, her old childhood crush, suddenly reenters her life, and her closest friend falls seriously ill. Armed with a biting sense of humor, Marie wrestles with a life that refuses to follow her plans—and may still offer more possibilities than she realizes.

#1 NEW YORK TIMES BESTSELLER • "The story of modern medicine and bioethics—and, indeed, race relations—is refracted beautifully, and movingly."—Entertainment Weekly NOW A MAJOR MOTION PICTURE FROM HBO® STARRING OPRAH WINFREY AND ROSE BYRNE • ONE OF THE "MOST INFLUENTIAL" (CNN), "DEFINING" (LITHUB), AND "BEST" (THE PHILADELPHIA INQUIRER) BOOKS OF THE DECADE • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS • WINNER OF THE CHICAGO TRIBUNE HEARTLAND PRIZE FOR NONFICTION NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • Entertainment Weekly • O: The Oprah Magazine • NPR • Financial Times • New York • Independent (U.K.) • Times (U.K.) • Publishers Weekly • Library Journal • Kirkus Reviews • Booklist • Globe and Mail Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine: The first "immortal" human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks remains virtually unknown, buried in an unmarked grave. Henrietta's family did not learn of her "immortality" until more than twenty years after her death, when scientists investigating HeLa began using her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah. Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance? Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

With groundbreaking research and an exciting new theory that will change the way women look at hormone replacement therapy for years of substantially improved health, happiness, and quality of life, *The*

Estrogen Fix is a must-have book for every woman over 40. Dr. Mache Seibel, one of the leading doctors in women's health and menopause, proves that every woman has an ideal time to more safely begin estrogen replacement. When administered at this time, referred to as "the estrogen window," estrogen can lower your risk for breast cancer, heart disease, Alzheimer's, diabetes, osteoporosis, and more while minimizing your symptoms. Offering hope, expertise, and concrete solutions to a rectifiable problem, The Estrogen Fix is the definitive book on hormonal health for women. If estrogen has you confused or worried, if you are toughing it out because it seems too complicated to figure it out, if your doctors are reluctant to treat you and your symptoms are making your life a challenge, this book is for you. The popular fitness guru outlines her innovative lifestyle program to help women cope with the problems of perimenopause and menopause, offering advice on strength training, cardiovascular fitness, yoga, nutrition, stress reduction, illness prevention, weight control, balancing hormones, and other critical issues. Original.

Clinical Case Studies for the Family Nurse Practitioner is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*®, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy*® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy*® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

Sharing a close bond that supersedes other relationships, Nic, a fiercely reclusive musician; and Denise, his dedicated sister and solitary audience member, become increasingly isolated in the wake of Nic's obsessive work, a situation that grows vulnerable as the siblings age. By the National Book Award-nominated author of *Eat the Document*.

Offers a sensible diet plan and exercise routines designed to improve cardiovascular health, reduce weight, and sculpt a slimmer body

A lifelong weight control program featuring easy-to-follow, fat burning exercises and nutritional guidelines.

The reassuring bromides of "chicken soup for the soul" provide little solace for nurses—and the people they serve—in real-life hospitals, nursing homes, schools of nursing, and other settings. In the minefield of modern health care, there are myriad obstacles to quality patient care—including work overload, inadequate funds for nursing education and research, and poor communication between and within the professions, to name only a few. The seventy RNs whose stories are collected here by the award-winning journalist Suzanne Gordon know that effective advocacy isn't easy. It takes nurses willing to stand up for themselves, their coworkers, their patients, and the public. When *Chicken Soup Isn't Enough* brings together compelling personal narratives from a wide range of nurses from across the globe. The assembled profiles in professional courage provide new insight into the daily challenges that RNs face in North America and abroad—and how they overcome them with skill, ingenuity, persistence, and individual and collective advocacy at work and in the community. In this collection, we meet RNs working at the bedside, providing home care, managing hospital departments, teaching and doing research, lobbying for quality patient care, and campaigning for health care reform. Their stories are funny, sad, deeply moving, inspiring, and always revealing of the different ways that nurses make their voices heard in the service of their profession. The risks and rewards, joys and sorrows, of nursing have rarely been captured in such vivid first-person accounts. Gordon and the authors of the essays contained in this book have much to say about the strengths and shortcomings of health care today—and the role that nurses play as irreplaceable agents of change.

This women's history classic brilliantly exposed the constraints imposed on women in the name of science and exposes the myths used to control them. Since the nineteenth century, professionals have been invoking scientific expertise to prescribe what women should do for their own good. Among the experts' diagnoses and remedies: menstruation was an illness requiring seclusion; pregnancy, a disabling condition; and higher education, a threat to long-term health of the uterus. From clitoridectomies to tame women's behavior in the nineteenth century to the censure of a generation of mothers as castrators in the 1950s, doctors have not hesitated to intervene in women's sexual, emotional, and maternal lives. Even domesticity, the most popular prescription for a safe environment for woman, spawned legions of "scientific" experts. Barbara Ehrenreich and Dierdre English has never lost faith in science itself, but insists that we hold those who interpret it to higher standards. Women are entering the medical and scientific professions in greater numbers but as recent research shows, experts continue to use pseudoscience to tell women how to live. *For Her Own Good* provides today's readers with an indispensable dose of informed skepticism.

Menopause: New Directions. No two women go through menopause in exactly the same way. One experiences hot flashes that will melt steel; other suffer chills - or one of 50 other possible mental or physical changes. In the past, most women confronted by menopause had two choices: Suffer the symptom (usually in silence), or take a hormone pill. But thanks to the startling findings of the Women's Health Initiative Study, which concluded that the potential health hazards of using Prempro, an estrogen-progesterone, combination, outweighed its benefits, and the subsequent National Toxicology Program's classification of estrogen as a carcinogen, women - and their doctors - have been thrown into turmoil.

Although menopause is a natural and inevitable stage in every woman's life, its physical, mental, and emotional manifestations can vary greatly from one person to the next. Add to this all of the conflicting "expert" information about the benefits, risks, and side effects to which women are exposed on a daily basis, and it's easy to see why most find it difficult to make informed choices about how to deal with their menopausal symptoms. Authored by a team of acknowledged experts in treating menopausal symptoms, *Menopause For Dummies* arms you with all the information you need to stay in control every step of the way. In plain English, it explains the role menopause plays in a variety of common health problems, such as osteoporosis, stroke, and heart disease. It walks you through proven measures for minimizing your risk of developing complications through including diet and exercise, stress management, hormone replacement, and other techniques. And it arms you with authoritative, up-to-the-minute coverage of: Premenopause how to identify it and what it means The stages of menopause How menopause can affect your body, emotions, and libido The latest facts about hormone replacement therapy The pros and cons of various alternative treatments The best ways of handling hot flashes Easing symptoms with diet and exercise Preventing bone loss Helpful lifestyle changes With *Menopause For Dummies* in your corner you'll have a kinder, gentler "change of life."

WHEN ADDIE INHERITED BROUSSARD COURT FROM HER GREAT-AUNT SHE HAD NO IDEA SHE'D BECOME THE NEW WITCH OF THE NEIGHBORHOOD.

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