

The Silent Passage Menopause

As their lives become both longer and increasingly unpredictable, men today are faced with the urgent need to reinvent themselves. *PASSAGES IN MEN'S LIVES* reveals their doubts, their passions, their hunger for renewal. Hundreds of men, celebrities as well as everyday heroes, have told their stories to Gail Sheehy. Sheehy makes the case that it is men in middle life who have the best chance to become masters of their fates, to understand what is missing and forge new directions to invigorate the second half of their lives. *PASSAGES IN MEN'S LIVES* is a concise guide for men (and the women who care about them) as they confront the major issues of each life change, including: how can you be the father you wish your father was? Where can you find new passion and purpose? How can you deal with male menopause? How can you survive a job change or downsizing? What strategies can defeat depression? What keeps a man young? When men and women face the same passage with different needs, how does marriage survive? Offering concrete information as well as inspiration, Gail Sheehy's *PASSAGES IN MEN'S LIVES* is a powerful, insightful guide to self-renewal.

THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller *Passages*. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In *New Passages*, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. *New Passages* tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New York Times Book Review

Perimenopause. Menopause. Midlife. For the women in *Changing Course*, these words imply much more than something to "get through" or even as a "silent passage" - it's a time for great self-reflection, exciting adventures, and new beginnings. Compiled by Yitta Halberstam - the author of the multimillion-selling *Small Miracles* series -

Changing Course delivers an entirely new message about menopause and midlife. This superlative work features sixty rich stories from women of diverse backgrounds and experience that capture the laughter and joyous tears of this important time in a woman's life. This compelling work is divided into four sections: Don't Look Back... women who find that they must let go of the past Starting the Voyage... women who are experiencing the symptoms of perimenopause or menopause The Meditative Journey... women who share their epiphanies on aging New Directions, New Beginnings... women who have shown great courage as they look to the future

Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since *The Silent Passage* was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on The Perimenopause Panic, Menopause in the Workplace, Estrogen and Brainpower, and New Frontiers in Treatment. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, *The Silent Passage* is an indispensable reference for every woman.

The author of the classic New York Times bestseller *Passages* returns with her inspiring memoir—a chronicle of her trials and triumphs as a groundbreaking “girl” journalist in the 1960s, to iconic guide for women and men seeking to have it all, to one of the premier political profilers of modern times. Candid, insightful, and powerful, *Daring: My Passages* is the story of the unconventional life of a writer who dared . . . to walk New York City streets with hookers and pimps to expose violent prostitution; to march with civil rights protesters in Northern Ireland as British paratroopers opened fire; to seek out Egypt's president Anwar Sadat when he was targeted for death after making peace with Israel. Always on the cutting edge of social issues, Gail Sheehy reveals the obstacles and opportunities encountered when she dared to blaze a trail in a “man's world.” *Daring* is also a beguiling love story of Sheehy's tempestuous romance with and eventual happy marriage to Clay Felker, the charismatic creator of New York magazine. As well, Sheehy recounts her audacious pursuit and intimate portraits of many twentieth-century leaders, including Hillary Clinton, Presidents George H. W. and George W. Bush, and the world-altering attraction between Margaret Thatcher and Mikhail Gorbachev. Sheehy reflects on desire, ambition, and wanting it all—career, love, children, friends, social significance—and lays bare her major life passages: false starts and surprise successes, the shock of failures and inner crises; betrayal in a first marriage; life as a single mother; flings of an ardent, liberated young woman; her adoption of a second daughter from a refugee camp; marriage to the love of her life and their ensuing years of happiness, even in the shadow of illness. Now stronger than ever, Sheehy speaks from hard-won experience to today's young women. Her fascinating, no-holds-barred story is a testament to guts, resilience, smarts, and daring, and offers a bold perspective on all of life's passages.

The Silent Passage Menopause

Learn how to better navigate the challenges of adult life with Gail Sheehy's landmark bestseller—named one of the ten most influential books of our times by the Library of Congress. For decades, Gail Sheehy's *Passages* has been inspiring readers to see the

predictable crises of adult life as opportunities for growth. She charts the stages between 18 and 50 as unfolding in a pattern of adult development: once recognized, more easily managed. *Passages* is an insightful road map of adulthood that illustrates with vivid stories our continuing personality and sexual changes throughout the “Trying 20s,” “Catch 30s,” “Forlorn 40s,” and “Refreshed (or Resigned) 50s.” One comment is continuously repeated by men, women, singles, couples, and people who recover from a midlife crisis: “This book changed my life.”

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman’s life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman’s life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos’s detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

“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 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.

"This fiction book begins as eight frustrated midlife women—from all walks of life—meet Dr. Kailey Madrona, a woman specialist. All are in perimenopause, the long and chaotic transition to menopause. They are as different as women can be—yet they share the mysterious experiences of perimenopause, night sweats, flooding periods or mood swings. We follow these women as they consult Dr. Madrona, learn the surprising hormonal changes explaining their symptoms, get better or worse, and try or refuse therapies. As each woman lives through her particular challenge, we begin to see how we, too, can survive perimenopause! Dr. Jerilynn Prior tells the story of women in perimenopause through a unique blend of storytelling and scientific fact."--

Looks at menopause, discussing the disquieting approach the medical community takes to it and offering commentary by some of today's most notable post-menopausal women

Book description to come.

An updated edition of the best-seller by the author of *Passages* includes new data on perimenopause, menopause in the workplace, estrogen and brain-power, and new treatments. Reprint.

The phrase "midlife crisis" today conjures up images of male indulgence and irresponsibility—an affluent, middle-aged man speeding off in a red sports car with a woman half his age—but before it become a gendered cliché, it gained traction as a feminist concept. Journalist Gail Sheehy used the term to describe a midlife period when both men and women might reassess their choices and seek a change in life. Sheehy's definition challenged the double standard of middle age—where aging is advantageous to men and detrimental to women—by viewing midlife as an opportunity rather than a crisis. Widely popular in the United States and internationally, the term was quickly appropriated by psychological and psychiatric experts and redefined as a male-centered, masculinist concept. The first book-length history of this controversial concept, Susanne Schmidt's *Midlife Crisis* recounts the surprising origin story of the midlife debate and traces its movement from popular culture into academia. Schmidt's engaging narrative telling of the feminist construction—and ensuing antifeminist backlash—of the midlife crisis illuminates a lost legacy of feminist thought, shedding

important new light on the history of gender and American social science in the 1970s and beyond.

Presents a candid study of Soviet leader Mikhail Gorbachev, drawing on previously unavailable sources to describe his early life and his rise to political power

Candid, enlightening, inspiring, and witty, with essential information on everything from early menopause to treating symptoms naturally, Gail Sheehy's landmark bestseller is still the bible for women concerned about menopause.

"This is an important book for all students of literature and history." -- American Studies International ..". thoughtful and provocative.... the essays... grant complexity and contradiction to mass culture, while interrogating its objects from positions that -- explicitly or implicitly -- derive from the left and from feminism." -- The Independent These innovative and politically engaged essays reflect the paradox inherent in taking a critical approach to mass culture. The contributors, in many cases pioneers in their particular area of inquiry, include: Tania Modleski, Raymond Williams (interviewed here by Stephen Heath and Gillian Skirrow), Bernard Gendron, Rick Altman, Margaret Morse, Patricia Mellencamp, Judith Williamson, Jean Franco, Kaja Silverman, Dana Polan, and Andreas Huyssen.

Answers questions about hot flashes, hormone replacement therapy, and more for women who are entering menopause

Offers a humorous look at dealing with a man's mid-life crisis, discussing the physical, emotional, and financial changes one encounters

NBC News correspondent Betty Rollin, glamorous, successful, and happily married, had it all -- and then she learned that she had a malignant tumor in her breast. Written with wit, warmth, and soul searching honesty, *First, You Cry* is the inspiring, true story about how one woman transformed the most terrifying ordeal of her life into a new beginning. Now with a new introduction and epilogue, this unique memoir serves as a fascinating retrospective of the twenty-five years since Rollin's first mastectomy and, given the continuing threat of breast cancer, tells a story that will inform all women as it touches them with its honesty and even, humor.

An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a brilliant, gutsy, exhilarating, bruising, exasperating fury of a book." A quarter of a century after the first publication of Germaine Greer's now canonical look at women's experience later in life, the renowned feminist and prolific author updates and expands her essential book, *The Change*. Despite improvements over the last few years, discussions about menopause are still hampered by a huge variance in conventional wisdom about what happens, when it happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes--including up-to-date medical details--women face today when they go through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with

her later years. Witty, wise, and timely, this new edition of *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

At this very moment over fifty million women are going through menopause.

Pharmaceutical companies are mass marketing hormones as fast as doctors can prescribe them, and menopausal seminars sponsored by these companies are crisscrossing the country in an effort to educate women on easing the physical pains of hormone deficiencies. Books like *The Silent Passage*, *What Your Doctor Won't Tell You About Menopause*, and *Listening To Your Hormones* are flying off the shelves because women are desperate to learn even more. And yet, these doctors, seminars, and books still haven't addressed what every transitional woman instinctively knows: Menopause is much more than just a list of physical ailments, menopause is a spiritual journey. *The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years* is a groundbreaking work that will usher in a new way for women to cope with the emotional and physical challenges of menopause. Venturing into uncharted territory, Kristi Meisenbach Boylan takes an intriguing and original look at the seven rituals that menopausal women move through on their voyage to the wise-woman years. Author Meisenbach Boylan believes that these seven ceremonial milestones should be viewed as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual balance.

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

Offers two dozen amusing and creative solutions to problems such as hot flashes, weight gain, mood swings, and depression, accompanied by a detailed bibliography for additional resources dealing with menopause.

A surprising look at the role of menopause in human history—and why we should change the ways we think about it. Are the ways we look at menopause all wrong? Susan Mattern says yes and, in *The Slow Moon Climbs*, reveals just how wrong we have been. From the rainforests of Paraguay to the streets of Tokyo, Mattern draws on historical, scientific, and cultural research to show how perceptions of menopause developed from prehistory to today. For most of

human history, people had no word for menopause and did not view it as a medical condition. Rather, in traditional foraging and agrarian societies, it was a transition to another important life stage. Introducing new ways of understanding life beyond fertility, Mattern examines the fascinating “Grandmother Hypothesis,” looks at agricultural communities where households relied on postreproductive women for the family’s survival, and explores the emergence of menopause as a medical condition in the Western world. *The Slow Moon Climbs* casts menopause in the positive light it deserves—as an essential juncture and a key factor in human flourishing.

A compelling defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and empowering women to make informed decisions about their health. For years, hormone replacement therapy (HRT) was hailed as a miracle. Study after study showed that HRT, if initiated at the onset of menopause, could ease symptoms ranging from hot flashes to memory loss; reduce the risk of heart disease, Alzheimer's, osteoporosis, and some cancers; and even extend a woman's overall life expectancy. But when a large study by the Women's Health Initiative announced results showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a medical oncologist, and Dr. Tavis, a social psychologist, track its strange history and present a compelling case for its resurrection. They investigate what led the public -- and much of the medical establishment -- to accept the Women's Health Initiative's often exaggerated claims, while also providing a fuller picture of the science that supports HRT. A sobering and revelatory read, *Estrogen Matters* sets the record straight on this beneficial treatment and provides an empowering path to wellness for women everywhere.

The single event that we know as 9/11 is over, but the shock waves continue to radiate outward, generated by orange alerts, terrorism lockdowns, and the shrinking of personal liberties we once took for granted. The stories in this book, of real people faced with extraordinary trauma and gradually transcending it, are the best antidote to our fears. *Middletown, America* is a book of hope. All Americans were hit with some degree of trauma on September 11, 2001, but no place was hit harder than Middletown, New Jersey. Gail Sheehy spent the better part of two years walking the journey from grief toward renewal with fifty members of the community that lost more people in the World Trade Center than any other outside New York City. Her subjects are the women, men, and children who remained after the devastation and who are putting their lives back together. Sheehy tells the story of four widowed moms from New Jersey who started out scarcely knowing the difference between the House and the Senate, yet turned their sorrow and anger into action and became formidable witnesses to the failures of the country’s leadership to connect the dots before September 11. Sheehy follows the four moms as they fight White House attempts to thwart

the independent commission investigating 9/11 and expose efforts at a cover-up. What would become of the young wives carrying children their husbands would never see, wives who had watched their dreams literally go up in smoke in that amphitheater of death across the river? Amazingly, each finds her own door to the light. Here, too, is the story of the widow and widower who met in the waiting room of a mental-health agency and brought each other back from the brink of despair across a bridge of love. Sheehy also reveals how bereft mothers who will never have another son or daughter found reasons to recommit to life. And she follows in the footsteps of the robbed children, documenting the incredible resilience of four-year-olds, the anger of teenagers, the courage of sisters and brothers. Sheehy follows survivors who escaped the burning towers only to find themselves trapped inside a tower of inner torment, from which it took love, family, and faith to free themselves. She is taken into the confidence of the night crew at Ground Zero, police officers who worked in that pit for eight months straight and then faced the "returning home" phenomenon. She recounts the confessions of religious leaders who struggled to explain the inexplicable to their flocks. Mental-health professionals confide in her, as do corporate chiefs, educators, friends and neighbors, town officials, and volunteers who rose to the occasion and committed themselves to healing their wounded community. As a journalist who conducted more than nine hundred interviews, Gail Sheehy is an impeccable researcher. As a writer with a novelistic gift, she weaves the individual stories into a compelling narrative. Middletown, America illuminates every stage of a tumultuous passage—from shock, passivity, and panic attacks, to rising anger and deep grieving, and on to the secret romances and startling relapses, the realignment of faith, the return of a capacity to love and be loved, and, finally, the commitment to constructing new lives.

The author of the bestselling *New Passages* and *The Silent Passage* now turns her perceptive eye on men today -- their problems, their passions, their hunger for renewal. Men over thirty-five today are in turmoil. Few are prepared to change their lives to take advantage of a new second half. Gail Sheehy has talked candidly with hundreds of men about formerly forbidden subjects -- their fear of aging, job dislocation, slackening sex lives, their envy of wives whose careers are gearing up just as theirs are winding down. , Must men give up power as they get older? , How does male sexual potency change from age 30 to 70? , Why should you be afraid of male menopause? , Who survives job loss in middle life? , Gender Crossover -- Crisis or Comfort? , Do men have to die earlier than women? The stories of celebrities and regular guys who are reinventing their lives offer concrete information as well as inspiration. Gail Sheehy's *Passages for Men* will be a man's secret friend -- a short, intimate, knowing guide to self-renewal. And every woman will find it a must-read.

To her landmark studies, *Passages* and *New Passages*, the author adds another New York Times best-seller that leads men through the manifold changes and opportunities life brings after forty. Reprint.

A diagnosis of breast cancer is among the most frightening moments in a person's life—so frightening that even to formulate questions for the doctor may seem impossible. This helpful book is written as a guide for women and men facing breast cancer and for their caring families and friends. It is also written for women who have not been diagnosed with breast cancer but are concerned that they may be. Drawing on her many years of experience with breast cancer patients, Dr. Ruth H. Grobstein provides exactly the information they want and need in order to make the best health decisions. Her jargon-free book deals with general issues of interest to all women—mammography, hormone replacement therapy, risk factors for breast cancer, and more—as well as the numerous issues that patients diagnosed with breast cancer confront. Her book will be an indispensable companion, providing reliable information for patients on the journey through a sometimes confusing and impersonal medical system.

A groundbreaking approach to overcoming depression, memory loss, and sexual dysfunction by using individualised hormone treatment. *Hormones and the Mind* presents a revolutionary program for treating emotional, cognitive, and sexual problems through a unique system of individualised hormone modulation. Until recently, hormonal treatments have been seen primarily as a way of fighting against osteoporosis and protecting the heart. Now, Dr. Edward Klaiber draws upon recent advances in the emerging field of psychoneuroendocrinology to show how certain hormone "cocktails" tailored to each person's particular biochemical profile can work as an effective remedy against depression, moodiness, irritability, memory loss, and sexual dysfunction by restoring the proper hormonal balance to the mind and body.

The lure of the silver bullet. Peopleware. Software processes. Software methodologies. Case. Software metrics. Software quality assurance. Software reusability. Software Re-engineering. Future trends. Software technology in India. The programmer's bookshelf.

MenAlive is for everyone who wants to keep stress from shortening their lives and damaging their relationships. It is more than a book. MenAlive is a complete tool kit for relieving stress and bringing about lasting health. "80 percent of all illnesses are stress induced," says Woodson Merrell, M.D., Chairman of the Department of Integrative Medicine at Beth Israel Medical Center. Although stress impacts everyone, men are particularly vulnerable. According to social scientist Dr. Thomas Joiner, "Males experience higher mortality rates than females at all stages of life from conception to old age." Diamond, best-selling author of *Surviving Male Menopause* and *the Irritable Male Syndrome*, teaches men and women four simple, yet effective, practices that can be used to prevent stress-related problems all of us face in this fast-paced, often chaotic world. In Part I of the book, Diamond describes the hazards and blessings of being male, why perpetual stress is deadly, the science behind energy healing, and "the ultimate power tool" for guys who want their lives to work. In Part II, he details the four energy healing tools Diamond believes to be the most effective and

scientifically sound: Earthing, Heart-Coherence, Attachment Love, and Emotional Freedom Techniques (EFT). In Part III, he applies the tools to the most pressing problems men face today including: Irritable Male Syndrome (IMS), male-type depression, chronic pain, sexual dysfunction and loss of desire, Andropause (male menopause) and age-related issues, and the stresses related to our economic and ecological transition. Both men and women will be interested in getting answers to the following questions: Is Irritable Male Syndrome (IMS) undermining your health and relationship? How can you treat depression without talk therapy or drugs? Which simple Energy Healing Tool can you use to relieve shoulder, neck, and back pain? What are the best tools for reducing inflammation and improving sleep? How can you keep Andropause (male menopause) from ruining your sex life? Could you and your partner be going through "double menopause?" Why do men frighten women and why do women shame men? Which tools should you use to best insure that a relationship lasts a lifetime? What are the most important things you can do when the economy hits the fan? How can you prepare for the global changes in 2012 and beyond?

This book includes the author's interesting scientific finding that reverses the present research conclusion about how to traditionally inhibit the tumor growth and her own experiments and testimonies on parasitic fungi. This book is written for healthy families who wish to consciously stay healthy or take care of patients; for unhealthy families and patients who are diagnosed with autoimmune diseases or who struggle with their unknown illnesses; for litigants who were forced to abandon their houses due to mold invasions; for healthcare providers who failed to find a cause of patients' illnesses; and for personal injury or medical malpractice lawyers who are representing ill clients who are struggling with "The Most Common, The Most Deadly" fungal infections. This book is introduced as a landmark to inspire people including cancer patients and healthcare providers about the anciently misdiagnosed illness "Cancer," which is caused by parasitic fungi, is misdiagnosed as flu or a cold in the beginning, and is erroneously treated with wrong medications in the middle of the progress only to discover that the cancer is treated by antifungal medications in the end. This book is intended to educate readers about parasitic fungi that mutate fungal genes to survive in the hosts yielding cancerous cells and that the parasitic fungi are the cause of autoimmune diseases. The main goal of this book is to help children and families who are left behind without treatments under the guise of a false psychological theory "Munchausen Syndrome By Proxy (faking illness)." This book is intended to enlighten readers about risks of parasitic fungi that destruct health, homes, offices, schools, hospitals, and further family relationships, and that construct expensive lawsuits, social distrusts, unnecessary public and medical expenses and secondary victims. This book is aimed at past, present, and future patients who are programmed to fail to get a medical help for early cancer test and treatment under the present insurance policies, immunity laws, and medical malpractice laws that govern millions of health insurance policyholders,

healthcare providers, and government-funded medical facilities. The author discusses why GMO (Genetically Modified Organism) Vitamins cause antifungal and antibiotic resistances and why GMO Vitamins may initiate or exacerbate autoimmune diseases. This book discusses "causes and effects" and "possible treatments" of autoimmune diseases that are caused by an untreated fungal infection. This book explains why the early signs of autoimmune diseases are neglected either by patients or by healthcare providers, how autoimmune diseases are initiated by a fungal mutation, why the autoimmune diseases respond to antifungal agents, and how curable diseases turn to incurable diseases. This book explains why fungal disruptions in human metabolisms result in "the various names of illnesses" in the beginning and "autoimmune diseases" in the end. This book suggests that a high level of LDL Cholesterol (known as bad Cholesterol) of patients may be a consequence of chronic and acute fungal infections and the LDL Cholesterol may be a fungal sterol that was horizontally transferred from the parasitic fungi that mutate their genes in the hosts to survive from the hosts' antibodies. This book explains how harmful acids are produced when parasitic fungi are hosted by humans and animals, how alcohol (fungal urine) and tobaccos may chemically make more Ergosterol or Lanosterol in the hosts and how patients can repair their damaged cells. This book explains how cancer tumors and cysts can be treated and how female patients can resume their menopause and become pregnant. This book is not a substitute of a medical diagnosis or a prescription to treat their illness.

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 generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes:

- a new section on sex after 50—and how, if need be, you can rejuvenate your sex life;
- updated mammogram guidelines—and how thermography improves breast health;
- the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes;
- dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity;
- all you need to know about perimenopause and why it's critical to your well-being;
- a vital program for ensuring pelvic health during and after menopause;
- strategies to combat osteoporosis and strengthen bones for life.

With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

The author of The Silent Passage combines interviews and research in an exploration of romance and the sexual habits of a wide range of women--married and single--over the age of fifty, covering an enormous range of experience among older women. Reprint. 50,000 first printing.

The comprehensive examination of this very real health issue.

Presents a plan for helping bodies transition hormonally without drugs from puberty through perimenopause, detailing the role of certain hormones, the importance of diet, and the steps to finding the right doctor.

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