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

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The Wisdom of Menopause | Christiane Northrup, M.D.

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The Wisdom of Menopause: Creating Physical and Emotional ...

Candid and reassuring, The Wisdom of Menopause elucidates the changes women should expect from ages 40 to 55, and shows how these changes can be wonderfully life-affirming. Instead of dreading menopause as a time of loss, women will hear the real message their bodies are sending -- that this is a time of personal empowerment and positive energy ... and a time for women to break free and thrive.

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The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change by Northrup, Christiane at AbeBooks.co.uk - ISBN 10: 055338080X - ISBN 13: 9780553380804 - Bantam Books - 2003 - Softcover

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