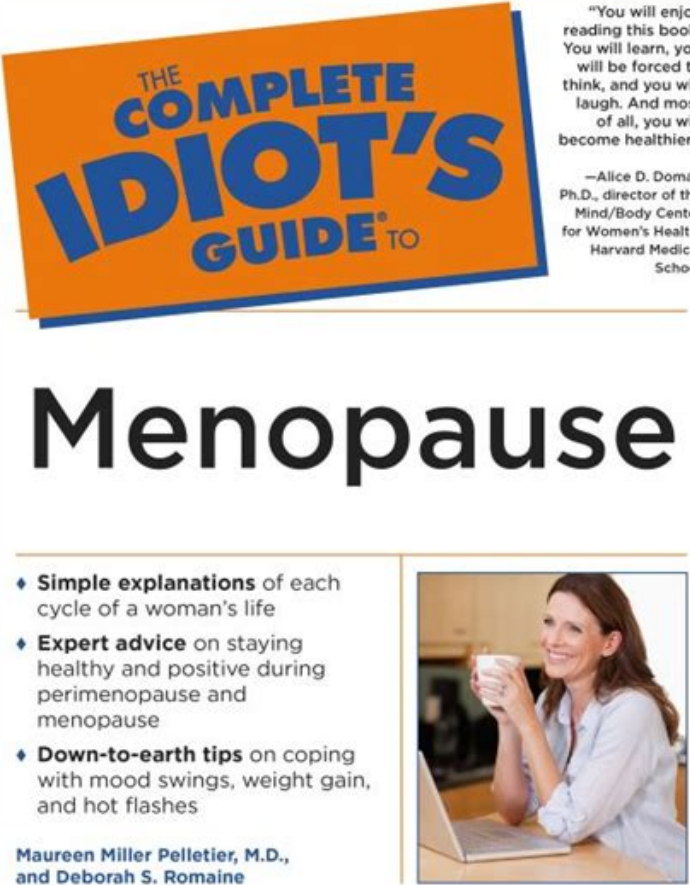


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The image shows the cover of the book 'The Complete Idiot's Guide to Menopause'. At the top left is the 'The Complete Idiot's Guide to' logo in orange and blue. Below it, the title 'Menopause' is written in large, bold, black letters. To the right of the logo is a quote from Alice D. Domar, Ph.D., and her affiliation with Harvard Medical School. Below the title, there are three bullet points with diamond-shaped markers, each describing a feature of the book: simple explanations, expert advice, and down-to-earth tips. At the bottom left, the authors' names are listed. On the right side, there is a photograph of a woman with long brown hair, wearing a light blue shirt, sitting at a desk with a laptop and holding a white mug, smiling.

**THE COMPLETE IDIOT'S GUIDE TO**

**Menopause**

"You will enjoy reading this book. You will learn, you will be forced to think, and you will laugh. And most of all, you will become healthier."  
—Alice D. Domar, Ph.D., director of the Mind/Body Center for Women's Health, Harvard Medical School

- ◆ **Simple explanations** of each cycle of a woman's life
- ◆ **Expert advice** on staying healthy and positive during perimenopause and menopause
- ◆ **Down-to-earth tips** on coping with mood swings, weight gain, and hot flashes

**Maureen Miller Pelletier, M.D., and Deborah S. Romaine**

# Table of Contents

<b>Strong Women Soft Hearts A Woman S Guide To Cultivating</b> .....	3
<b>Com Customer Reviews Soft Targets A Woman S</b> .....	4
<b>Writing An Ebook For The First Time 9 Powerful Tips</b> .....	5
<b>Your Guide To Writing Women Ny Book Editors</b> .....	6
<b>Books Target</b> .....	7
<b>The Seven</b> .....	8
<b>Ielts Writing Task 2 The Ultimate Guide To Get A Target</b> .....	9
<b>A New Day Target</b> .....	10
<b>60 Best Websites To Free Epub And Ebooks</b> .....	11
<b>Free Nursing Books Ebooks Online Textbooks</b> .....	12
<b>Free Books</b> .....	13
<b>Search And Free Download A Billion Ebook Files</b> .....	14
<b>Ebooks Rakuten Kobo</b> .....	15
<b>8 Facebook Targeting Tips For Cheaper Ads And More Conversions</b> .....	16
<b>Microsoft Press Store Books Ebooks Online Resources</b> .....	17
<b>Ebookscom Buy Fiction Non</b> .....	18
<b>20</b> .....	19
<b>Marketing Soft Drinks</b> .....	20
<b>Finding The Value Of Old Books Abebookscom</b> .....	21
<b>Ebsco Information Services</b> .....	22
<b>The Power Of Quottouchquot Teach Your Dog To Nose Target</b> .....	23
<b>Soft Target Series Box Set</b> .....	24
<b>The Child Taker Soft Target Conrad Jones</b> .....	25
<b>Soft Target Hardening Protecting People From Attack</b> .....	26
<b>Plying With Europe Eu Harmonisation And Soft Law In The</b> .....	27

<b>Moleskine Art Plus Sketch Album Large Black Soft Cover 5 X</b> .....	28
.....	29

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