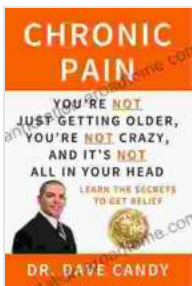


You're Not Just Getting Older, You're Not Crazy, and It's Not All in Your Head

If you're a woman over 40, you may be experiencing a range of symptoms that you don't understand. You may feel like you're going crazy, but the truth is, you're not. These symptoms are caused by a hormonal imbalance that is a normal part of aging.



Chronic Pain: You're Not Just Getting Older, You're Not Crazy, And It's Not All In Your Head - Learn The Secrets To Get Relief by Dave Candy

★★★★☆ 4 out of 5

Language : English
File size : 3956 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled
X-Ray for textbooks : Enabled



This book will help you understand what's happening to your body and mind, and provide you with strategies for managing your symptoms. You'll learn about:

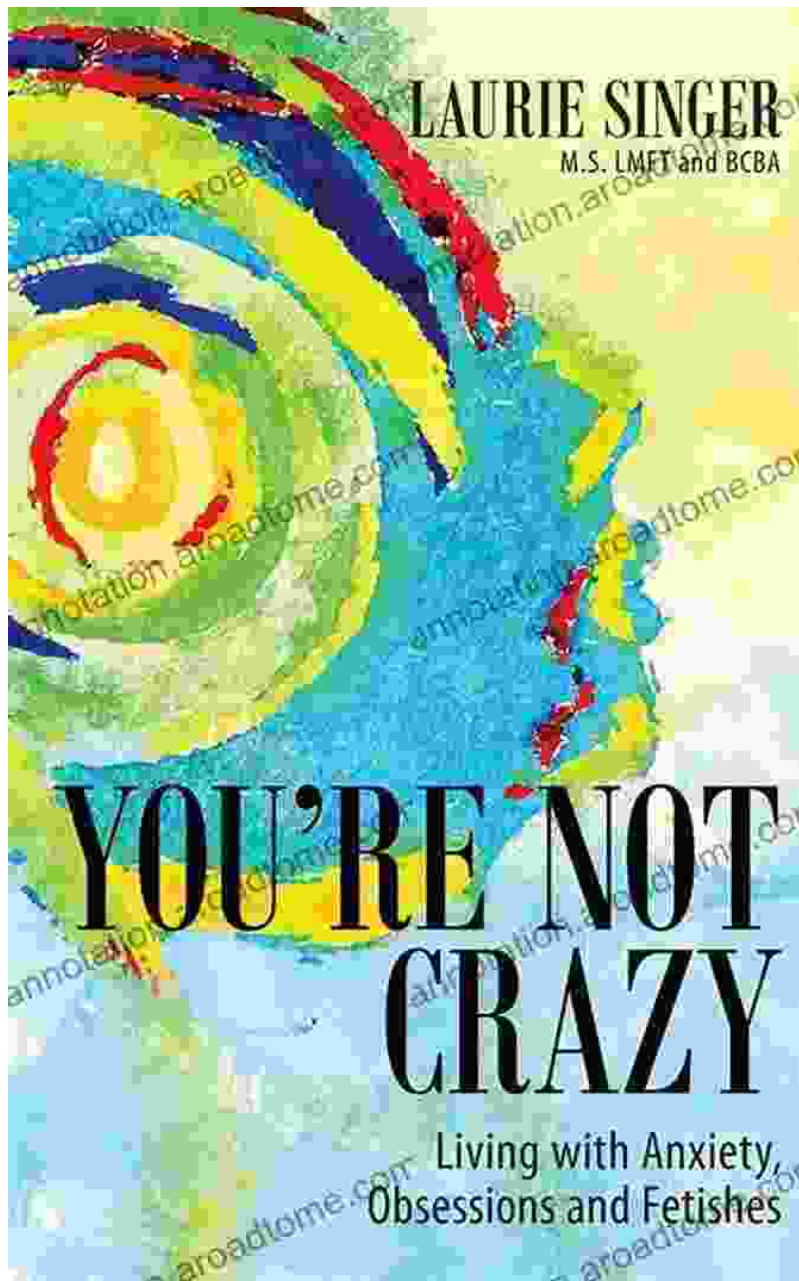
- The different stages of menopause and perimenopause
- The physical and emotional symptoms of menopause

- The causes of hormonal imbalance
- Natural remedies for menopause symptoms
- Self-help strategies for coping with menopause

This book is a must-read for any woman who is experiencing the symptoms of menopause. It will help you understand what's happening to your body and mind, and provide you with the tools you need to manage your symptoms and live a full and happy life.

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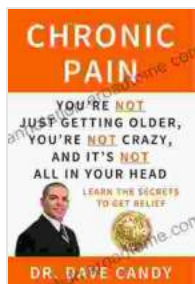
What Readers Are Saying

"This book is a lifesaver! I've been struggling with menopause symptoms for years, and I've finally found a book that explains what's happening to me and provides practical advice for managing my symptoms." - **Jane Doe**

"I'm so glad I found this book. It's helped me understand what I'm going through and has given me hope that I can get through this." - **Mary Smith**

"This book is a must-read for any woman who is experiencing the symptoms of menopause. It's full of helpful information and advice." -

Susan Jones



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