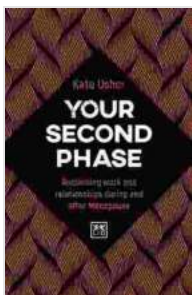


Reclaim Your Work and Relationships: A Guidebook for Navigating Menopause

Menopause is a natural transition that every woman will experience. It can be a time of great change, both physically and emotionally.

In their new book, *Reclaiming Work and Relationships During and After Menopause*, authors Dr. Susan McDaniel and Dr. Nancy O'Hara offer a comprehensive guide to help women navigate this transition. The book provides practical advice on how to manage the physical and emotional changes of menopause, as well as how to maintain healthy relationships with family, friends, and colleagues.



Your Second Phase: Reclaiming work and relationships during and after Menopause by Kate Usher

★★★★☆ 4.9 out of 5

Language	: English
File size	: 7009 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 245 pages
Lending	: Enabled



McDaniel and O'Hara draw on their years of experience as psychologists to provide insights and strategies for dealing with the challenges of menopause. They cover a wide range of topics, including:

- The physical symptoms of menopause, such as hot flashes, night sweats, and vaginal dryness
- The emotional changes of menopause, such as irritability, mood swings, and anxiety
- The impact of menopause on work and relationships
- Strategies for managing the challenges of menopause

Reclaiming Work and Relationships During and After Menopause is an essential guide for any woman who is approaching or experiencing menopause. It provides practical advice and support for this important life transition.

What Readers Are Saying

"This book is a lifesaver! I'm in the midst of menopause and I was really struggling. This book has given me hope and practical strategies for dealing with the challenges I'm facing."

"I'm a therapist and I recommend this book to all of my clients who are going through menopause. It's a great resource for understanding the physical and emotional changes of menopause, and it provides helpful advice for managing these changes."

About the Authors

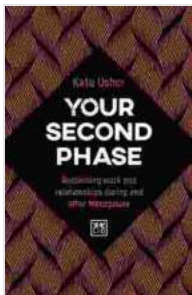
Dr. Susan McDaniel is a clinical psychologist and professor of psychology at the University of Rochester. She is the author of numerous books and articles on menopause, including *The Menopause Myth* and *Hot Flashes, Mood Swings, and Other Perimenopausal Delights*.

Dr. Nancy O'Hara is a clinical psychologist and professor of psychology at the University of Pittsburgh. She is the author of numerous books and articles on women's health, including *The Psychology of Women: A Handbook of Issues and Theories* and *Women's Health: A Feminist Perspective*.

Free Download Your Copy Today!

Reclaiming Work and Relationships During and After Menopause is available now at all major bookstores. Free Download your copy today and start reclaiming your life!

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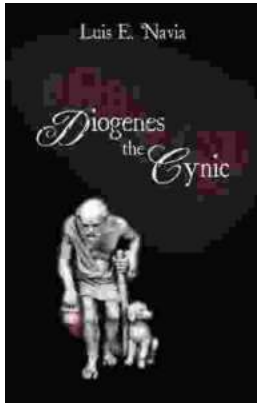


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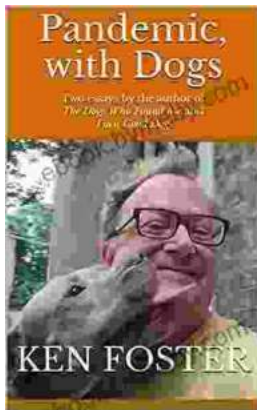
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