



The Wisdom of Menopause Journal: Your Guide to Creating Vibrant Health and Happiness in the Second Half of Your Life

Christiane Northrup M.D.

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Menopause is an unparalleled opportunity to turn your life around and create a firm foundation for the most fulfilling, healthy, joy-filled years of your life. *The Wisdom of Menopause Journal*—a companion to **Dr. Christiane Northrup**'s newly revised and best-selling book *The Wisdom of Menopause*—helps you focus on the “me” in menopause. Designed to help you both navigate and document this important transitional time, the journal is packed with action-oriented, practical advice for your mind and body—from recommended supplements and medication options to how to explore the emotional issues behind your physical symptoms.

This journal gives you everything you need to create vibrant health in midlife on all levels—not just in your heart, bones, pelvic organs, breasts, and brain . . . but also in your sex life, your relationships, and even your beauty regimen! It enables you to record your current health and concerns, as well as the steps you want to take to achieve your goals in each area. You'll also find powerful affirmations, inspiring quotes, and plenty of blank pages for journaling, so you can create a record of your thoughts and feelings during this important time.

Dr. Northrup's insights enable you to see menopause not as a burden to be endured, but as an empowering opportunity to reinvent yourself right down to the cellular level. The key is learning to tap into the profound wisdom that emerges during this life stage—wisdom you can fully trust to guide you toward enormous happiness, joy, and fulfillment.



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Pablo Cowart:

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