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menopause  
experience MAKING A

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~~'The menopause  
made me feel like I  
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Amelia Bedelia Makes  
a Friend By Herman  
Parish | Children's  
Book Read Aloud |  
Lights Down Reading  
Making Friends With  
The Menopause  
Whether you're  
worried about feeling  
invisible, weight gain  
or loss of fertility, or  
simply want to take  
care of yourself well,

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Knowledge is power,  
and Making Friends  
with the Menopause  
will give you a  
greater  
understanding of the  
process, so you can  
enjoy your body and  
your sexuality as you  
age.\*

~~Making Friends with  
the Menopause: A  
clear and comforting~~

*Page 15/81*

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## ... Making Friends

Whether you 're worried about feeling invisible, weight gain or loss of fertility, or simply want to take care of yourself well, knowledge is power, and Making Friends with the Menopause will give you a greater

understanding of the process, so you can

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enjoy your body and  
your sexuality as you  
age.

~~Making Friends with  
the Menopause: A  
clear and comforting~~

~~Guide To  
...  
Written with warmth  
and humour, Making  
Friends with the  
Menopause examines  
why stopping  
menstruating has~~

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Making profound hormonal shifts in the body, leading us to react in a myriad of ways physically and mentally. It gives practical advice on hot flushes and night sweats, anxiety and mood swings, muscular aches and loss of libido, early onset menopause, hysterectomy and

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more, plus an  
overview of each  
stage of the process  
so you 'll know what  
to expect in the years  
before, during and  
after.

~~Making Friends with  
Menopause | Sarah  
Rayner | Author~~

Welcome to Making  
Friends with the  
Menopause, a warm,

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supportive group  
which provides a  
space for anyone  
affected by the  
menopause to share  
their experiences,  
tips and ask  
questions. We hope  
that here in this  
group you are able to  
air feelings and speak  
candidly, learning  
about issues which  
you may feel self-

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conscious about  
discussing elsewhere.

~~Making Friends with  
the Menopause -  
Facebook~~

Making Friends with  
the Menopause is a  
clear and concise  
book that will help  
you to manage all  
aspects of the  
menopause. You'll  
learn why hormonal

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change and stopping your period causes so much disruption in the body. The book is full of helpful, practical, tips to get you back on track and feeling better.

Key Benefits:

~~Making Friends with  
the Menopause~~

~~Live Better With~~

~~Menopause~~

*Page 22/81*

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Making Friends With  
Menopause. by Maria  
Nadel | May 24, 2017 |  
Health | 0 comments.

Ok ladies, we need to  
talk night sweats,  
mood swings and all  
that comes with this  
beautifully messy  
stage of our lives at  
some point –  
menopause or even  
pre-menopause.

# Where To Download

~~Making Friends With  
Menopause Using All  
Natural Ways~~

Making Friends with  
Menopause.

Addressing Your Skin  
in Transition. By  
Linda Knittel.

Originally published  
in Skin Deep. Looking  
good for your age is  
desirable no matter  
what your  
chronology, but



# Where To Download

Maintaining a youthful appearance after you 've hit menopause is enviable. And the 40 million or so potential clients out there who are going through...

~~Making Friends with  
Changes  
MassageTherapy.com~~

The menopause can

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# Where To Download

put the closest friendships under intense pressure. Find out why this happens – plus how to hang on to the people who really matter. Maintaining emotional closeness with friends may help tackle the mood swings and anxieties of the menopause.

Photo posed by  
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# Where To Download Model. Making Friends

~~Does menopause  
affect friendships?~~

Saga And

Whether you 're  
worried about feeling  
invisible, weight gain  
or loss of fertility, or  
simply want to take  
care of yourself well,  
knowledge is power,  
and Making Friends  
with the Menopause

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will give you a  
greater  
understanding of the  
process, so you can  
enjoy your body and  
your sexuality as you  
age.

~~Making Friends with  
the Menopause: A  
clear and comforting  
...~~

The menopause is a  
natural part of ageing

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that usually occurs between 45 and 55 years of age, as a woman's oestrogen levels decline. In the UK, the average age for a woman to reach the menopause is 51. But around 1 in 100 women experience the menopause before 40 years of age. This is known as premature

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Menopause or  
premature ovarian  
insufficiency.

~~Menopause - NHS~~

Metawell: Make  
Friends With

Menopause and

Celebrate The You As

Change! by

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Metawell: Make A  
Friends With

Menopause and  
Celebrate The ...

It can also be other  
menopausal friends,  
and this is something  
that does come up. If  
your other friends  
who're going  
through the

*Page 31/81*

# Where To Download

Menopause Friends  
maybe not had such  
a toughest time that  
you have, then again,  
they may be less  
supportive of you.  
We've had some  
women who've had  
friends saying, you  
know, "What on earth  
is wrong with you?  
Just get a grip.

Updated Edition

~~Does menopause~~

*Page 32/81*

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~~affect friendships?~~

~~A. Vogel Talks  
Menopause~~

My experience of the  
menopause may  
have been sudden  
and unexpected but I  
believe it 's a fair  
reflection of what  
many women go  
through. It 's not  
exactly a taboo  
subject but it is  
something that

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women don't  
always feel  
comfortable talking  
about, and certainly  
not a lot of men.

Comforting  
~~Dealing with the~~  
Guide To  
menopause... —

Sluggo O'Toole As  
Your Body  
Changes  
Updated Edition  
Reinventing The  
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("natural") hormones, aren't recommended for symptoms of the menopause, because it's generally unclear how safe and effective they are.

Some remedies can also interact with other medications and cause side effects.

~~Menopause~~

*Page 35/81*

# Where To Download

~~Treatment - NHS~~

Menopause begins in the late 40s or early 50s for most women.

It usually lasts for a few years. During this time, at least two-thirds of women experience symptoms of menopause (). These include hot ...

~~11 Natural Ways to~~

*Page 36/81*

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~~Reduce Symptoms of  
Menopause~~

Making Friends with  
the Menopause; A

Making Friends with  
your Fertility; Making  
Peace with Divorce;

Guide To  
Making Peace with  
the End of Life;

Making Friends with  
Your Body  
Anxiety: A Calming

Changes  
Colouring Book . Visit  
Sarah 's author page

on Facebook. for

*Page 37/81*

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details of events, new releases and book-related chat .

~~Making Friends with  
Anxiety | Sarah  
Rayner - Author~~

Next week 's column is all about how to make friends with your menopause, take control of your symptoms and start living your life to the

# Where To Download

full. The menopause is a natural process in a woman ' s life and NOT an illness!

Unfortunately some women experience unpleasant symptoms that can make them feel rather unwell. But there are many things that we can do naturally to allow our bodies transition

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through this time of  
the life in a more  
gentle and healthy  
way.

~~Nutritionist Minna  
Wood Bracknell;  
Event: Menopause ...~~

Making Friends with  
Anxiety book. Read  
38 reviews from the  
world's largest  
community for  
readers. A warm and



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supportive little book  
to help ease worry  
an...

# Menopause A Clear And

# Comforting

A clear and  
comforting guide to  
support you as your  
body changes by  
bestselling author  
Sarah Rayner with Dr  
Patrick Fitzgerald.

There is practical

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advice on hot flushes  
and night sweats,  
anxiety and mood  
swings, muscular  
aches and loss of  
libido, early-onset  
menopause,  
hysterectomy and  
more, plus a simple  
explanation of each  
stage of the  
menopause so you'll  
know what to expect  
in the years before,

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during and after.

You'll find details of  
the treatment  
options available and

their pros and cons,

together with tips

and insights from

women keen to share

their wisdom on a

subject many still

find hard to talk

about. Whether

you're worried about

feeling invisible,

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weight gain or loss of  
fertility, or simply  
want to take care of  
yourself well,

knowledge is power,  
and Making Friends  
with the Menopause  
will give you a

greater  
understanding of the  
process, so you can  
enjoy your body and  
your sexuality as you  
age. \* From the

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author of the  
international  
bestselling novel *One  
Moment, One*

*Morning\** And the  
word-of-mouth  
success *Making*

*Friends with Anxiety,*  
a warm, supportive

book to ease worry  
and panic \* Includes  
advice on all the

major health issues  
that can arise as a

*Page 45/81*

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result of hormone  
change \* Thoroughly  
researched and bang-  
up-to-date \* Includes  
traditional and  
complementary  
medicine \* Gives  
guidance on how to  
get the most from  
your GP  
appointments and  
finding good  
alternative  
practitioners \* Useful

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links throughout,  
plus details of  
helplines and  
recommended reads

\* Fully illustrated  
with photographs by  
the author \* Ongoing  
online support group  
available

**PRAISE FOR  
SARAH RAYNER:**

'Explores an emotive  
subject with great  
sensitivity' Sunday

Express 'You'll want

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to inhale it in one

breath' Easy Living

'Carefully crafted and

empathetic' The

Sunday Times

'Brilliant... Warm and

approachable'

Essentials 'A

sympathetic insight

into the causes and

effects of mental ill-

health as it affects

ordinary people.

Powerful' My Weekly

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A warm, supportive little book to help ease worry and panic by international bestselling author Sarah Rayner.

Drawing on her own experience of anxiety disorder and recovery, Sarah explores this common and often distressing condition

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with candor, humor  
and compassion.

'Simple, lucid advice'  
Matt Haig, bestselling  
author of Reasons to  
be Alive

From bestselling  
author of 'Making  
Friends with Anxiety'  
and 'One Moment,  
One Morning' comes  
a clear and  
comforting guide to

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the menopause. With  
warmth and humor  
Sarah Rayner and Dr  
Patrick Fitzgerald

explore why stopping  
menstruating causes  
such profound  
chemical changes in  
the body, leading us  
to react in a myriad of  
ways physically and  
menta

Updated Edition

Examines the

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scientific evidence for  
and against hormone  
therapy for women  
past menopause,  
reviews the  
alternatives to it, and  
discusses its risks and  
limitations.

A warm and  
supportive little book  
to help ease worry  
and panic by  
bestselling author

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Sarah

Rayner. Drawing on her own experience of anxiety disorder and recovery, Sarah Rayner shares her insights into this extremely common and often distressing condition with compassion and humour. She reveals the seven elements that commonly

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contribute to anxiety including adrenaline, negative thinking and fear of the future, and explains what causes worry and panic to become such a problem for many of us. Packed with tips, exercises and anecdotes from the author's life, this companion to mental good health reads

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like a chat with a friend. It shows that an understanding of the way our minds and bodies work together can provide anxiety relief and restore our sense of confidence and control. If you suffer from panic attacks, a debilitating disorder or just want to reduce the amount of

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time you spend

worrying, Making

Friends with Anxiety

will allow you to

manage your own

condition and see

anxiety as a friend

not foe.\* From the

author of the

international

bestseller, One

Moment, One

Morning and its

follow-up, the



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Recently published

Another Night,  
Another Day\* Draws  
on the techniques of  
Mindfulness-based  
Cognitive Therapy \*

Includes beautiful  
photographs by the  
author to lift the

spirit\* Useful links  
throughout, plus  
details of helplines  
and recommended

reads \* Ongoing

*Page 57/81*

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online support group available 'This is a great book: readable, practical and, most importantly, compassionate. Sarah Rayner gives a clear explanation of the common symptoms of anxiety and panic that affect so many lives. She then goes on to give sound advice as to how to

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cope with these  
ongoing feelings.  
This entails a series of  
strategies that  
encourage  
understanding of the  
anxiety rather than  
its suppression,  
aiming to give  
control of these  
complex emotions  
back to the patient.  
It's impressive that  
she admits to her

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own anxiety issues, and without embarrassment shows how they have affected her life, how she has sought help over the years, and how she continues to deal with them. The fact she has written this book shows how well she has embraced her demons, able to get

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on with her own  
creative life. I will be  
recommending this  
book to my patients.'

Dr P Fitzgerald, GP  
'Sarah's advice is very  
sage: if one is prone  
to anxiety, as many of  
us are, it is futile to  
expect to be totally  
rid of it forever. It will  
come back, but it is  
possible to tame it.  
She encourages the

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reader to be kinder to themselves, live in the moment, and accept their anxiety as an occasionally troublesome, yet integral part of their own being. Deeply personal yet eminently practical, this accessible and engaging e-book should prove extremely helpful to

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anyone trying to  
cope with anxiety.' Dr  
Ian Williams, GP and  
author PRAISE FOR

SARAH

RAYNER: 'Sarah  
Rayner explores an  
emotive subject with  
great sensitivity'

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crafted and

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Sunday Times 'A

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sympathetic insight  
into the causes and  
effects of mental ill-  
health as it affects  
ordinary people.

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Weekly' You'll want to  
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breath' Easy You As

Living' Brilliant... War  
m and approachable'

Essentials' A difficult  
subject written about  
with optimism and a

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light touch' Coastway  
Radio

'Simple, lucid advice'

Matt Haig, Sunday

Times bestselling

author of Reasons to

be Alive, on Making

Friends with Anxiety

If you're suffering

from depression or

very low mood, you

can end up feeling

alone, desperately

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struggling to find a way through - but recovery is possible and, in *Making Friends with Depression*, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or

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can actually prolong  
your suffering,  
whereas 'making  
friends' with difficult  
emotions by

compassionately  
accepting these  
feelings can restore  
health and

happiness. Sarah  
(Making Friends with  
Anxiety) and Kate  
(The 5:2 Diet Book)

write with candour,  
*Page 67/81*

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compassion and

humour about lifting  
low mood and easing  
symptoms because

they've both  
experienced - and  
recovered from -  
depression

themselves, while GP

Dr Patrick Fitzgerald  
draws on his clinical  
understanding to

offer practical advice  
on treatment options

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and finding support.

The book explores: \*

The different types of  
depressive illness \*

Where to seek help

and how to get a

diagnosis \* The pros

and cons of the most

commonly-

prescribed

medications \* The

different kinds of

therapy available \*

Why depression can

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causing so many  
physical symptoms \*

What to do if you  
suffer suicidal

thoughts \* How to

stop the spiral of  
negative thinking  
and boost self-

esteem \* Evidence-

based steps to  
improve mental  
health and avoid

relapse Fully

illustrated and  
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reflecting the latest  
National Institute for  
Clinical Excellence  
(NICE) guidelines,  
Making Friends with  
Depression is  
succinct and  
surprisingly  
uplifting. The result is  
a book that doesn't shy  
away from the  
distress that  
depression can cause,  
but is packed with

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simple tips that are easy to implement thereby offering hope and guidance through the darkest of times. PRAISE FOR MAKING FRIENDS WITH ANXIETY 'Reads like chatting with an old friend; one with wit, wisdom and experience' Brighton and Hove Independent PRAISE



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BOOK 'The go-to 5:2 bible... Inspiring, motivational, simple'

Women's Fitness

PRAISE FOR SARAH

RAYNER: 'Explores an emotive subject with great sensitivity'

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'Brilliant... Warm and approachable'

Essentials 'Carefully crafted and

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sympathetic insight

into the causes and

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HARRISON: 'Warm

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Evening Telegraph

'Poignant and funny'

She 'A very readable

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page-turner...  
interesting and  
thought-provoking  
Book Trust

## Clear And

From fertility  
counsellor Tracey  
Sainsbury and Sarah  
Rayner (bestselling  
author of Making  
Friends with Anxiety  
and One Moment,  
One Morning) comes  
a clear and

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Comforting guide to reproductive health, supporting you through the highs and lows of getting pregnant, IVF and assisted conception, adoption, fostering, surrogacy and remaining child-free.

A look at menopause explodes the common myths and

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misunderstandings  
about it, discussing  
its practical and  
emotional aspects,  
the physical and  
medical problems  
women face,  
common treatments,  
and other topics. As  
Original.

Clear, concise advice  
on legal, financial  
and family matters

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from divorcee Pia

Pasternack and

bestselling author

Sarah Rayner,

exploring with

candor and humor

sensitive issues such

as whether to

separate, how to

break the news to

children and how

best to communicate

with your ex, helping

you through the

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emotional upheaval  
and out the other  
side.

## Menopause A

From GP and hospice  
doctor Patrick  
Fitzgerald and

bestselling author

Sarah Rayner (Making

Friends with Anxiety,

One Moment, One

Morning) comes a

warm and wise

companion to

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support you and  
those caring for you  
in the last months,  
weeks and days of  
life. Helps with the  
shock of diagnosis  
and explains  
treatment options  
and methods of  
symptom control.

## Changes

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