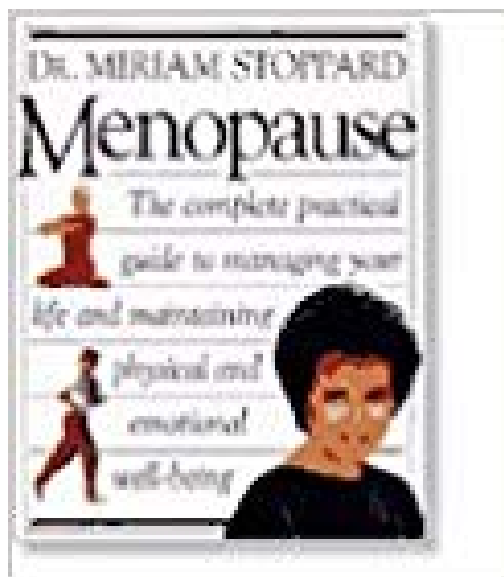


Menopause by Miriam Stoppard



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Explaining the physical and emotional changes involved in menopause while offering advice on how to ease the transition, a women's guide offers alternatives in exercise, diet, and stress reducers that can be adapted to personal needs.



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