

NEW

MODERN WOMAN'S GUIDE TO THE MENOPAUSE



GOING
THROUGH THE
change
WHY DOES
IT HAPPEN AND
HOW TO EMBRACE IT

EAT IT TO BEAT IT
10
BEST FOODS
FOR HAPPY
HORMONES

THE
SECRET
TO

Freedom & EMPOWERMENT

COPING WITH HOT FLUSHES,
MOOD CHANGES AND MEMORY LOSS

Digital
Edition



**LET'S TALK
ABOUT SEX**
Keep your love life
in full swing

**GETTING
SUPPORT**
How friends and
family can help

**FITNESS
OVER FORTY**
Exercises for growing
older healthily

Modern Womans Guide

Ensheng Dong



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