



**The secret pleasures of menopause**  
 Christiane Northrup  
 618.175 N818S  
 Northrup's goal here is to demonstrate "how pleasure heals the body," and she argues that living life as a sexual, sensuous woman "will enhance every aspect of your health."goal is to demonstrate how pleasure heals the body, and she argues that living life as a sexual, sensuous woman will enhance every aspect of your health.



**The wisdom of menopause** : creating physical and emotional health and healing during the change  
 Christiane Northrup  
 618.175 N818WR  
 A guide for those open to a New Age approach.

## Web Sites

[www.nlm.nih.gov/medlineplus/menopause.html](http://www.nlm.nih.gov/medlineplus/menopause.html)

[www.nlm.nih.gov/medlineplus/hormonereplacementtherapy.html](http://www.nlm.nih.gov/medlineplus/hormonereplacementtherapy.html)

[www.nlm.nih.gov/medlineplus/osteoporosis.html](http://www.nlm.nih.gov/medlineplus/osteoporosis.html)  
 The three sites above are from the National Library of Medicine

[www.nof.org](http://www.nof.org)  
 From the National Osteoporosis Foundation

<http://www.menopause.org/Consumers.aspx>  
 From the North American Menopause Society



# Menopause

This is a selection of the information about menopause that is available at the Racine Public Library.

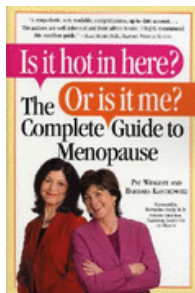


75 Seventh Street  
 Racine, WI 53403  
[www.racinelibrary.info](http://www.racinelibrary.info)

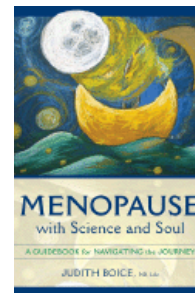
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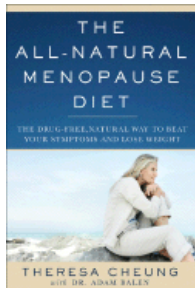
**Ageless:** the naked truth about bioidentical hormones  
Suzanne Somers  
618.175 SO542A  
In this eagerly anticipated follow-up to "The Sexy Years," Somers provides an inspiring, medically validated approach to the aging process and maintaining a healthy, vibrant, sexually active life--no matter what one's age.



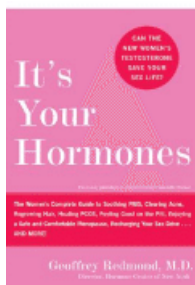
**Is it hot in here? Or is it me?:** the complete guide to menopause  
Pat Wingert  
618.175 W726I  
An accessible and practical book on what to expect during menopause and after.



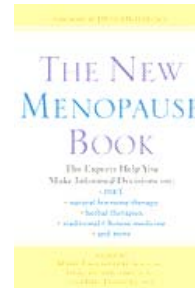
**Menopause with science and soul :** a guidebook for navigating the journey / [compiled by] Judith Boice  
618.175 M5279  
Dr. Judith Boice advises women on practical concerns such as bone health, phytoestrogens, diet and exercise, and hormone replacement therapy and offers stories, interviews, and rituals to nurture women's mental and emotional health.



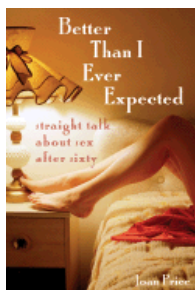
**The All-natural menopause diet:** the drug-free, natural way to beat your symptoms and lose weight  
Theresa Cheung  
618.175 F847A  
This book is less about losing weight than about overall wellness. Nutrition is only a part of the program, which also advocates proper exercise, stress release, and detoxification.



**It's your hormones**  
Geoffrey Redmond  
618.11 R248I  
The women's complete guide to soothing PMS, clearing acne, regrowing hair, healing PCOS, feeling good on the pill, enjoying a safe and comfortable menopause, and recharging your sex drive.



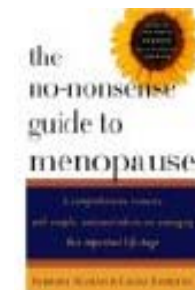
**The New Menopause Book:** the experts help you make informed decisions on: HRT, natural hormone therapy, herbal therapies, traditional Chinese medicine, and more  
Mary Tagliaferri  
618.175 N42  
From yoga to natural hormone therapy to traditional Chinese medicines, this handbook features recommendations for menopause relief by a dozen leading experts.



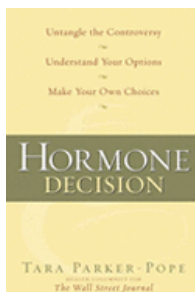
**Better than I ever expected :** straight talk about sex after sixty  
Joan Price  
613.954 P931B  
There are challenges to sex after menopause and beyond, says Price, but there are also creative solutions. She is on a mission to let women her age and older know that they can, in fact, have the best sex of their lives.



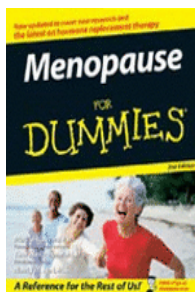
**Managing menopause beautifully:** physically, emotionally, and sexually  
Dona Caine-Francis  
618.175 C123M  
A certified sex therapist and psychiatric nurse practitioner, Caine-Francis challenges women to consider the menopausal years a time of opportunity. a chance to seize the day and "reinvent" the self.



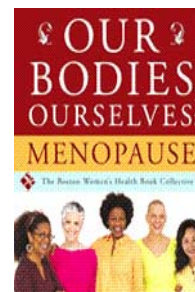
**No-nonsense guide to menopause**  
Barbara Seaman  
618.175 SE16N  
A comprehensive, easy-to-use resource that will give you the information you need to make informed decisions that will put you in control during this time of transition -- medically, psychologically, sexually, and even financially.



**The hormone decision :** untangle the controversy understand your options make your own choices  
Tara Parker-Pope  
618.175 P227H  
An objective explanation of what went wrong with the design of the Women's Health Initiative and the publication of its results.



**Menopause for dummies**  
Marcia L. Jones  
618.175 J721M2  
Explains the role menopause plays in osteoporosis, stroke, and heart disease and walks you through proven measures for minimizing your risk of developing complications through including diet and exercise, stress management, hormone replacement, and other techniques.



**Our Bodies, Ourselves:** menopause  
Vivian Pinn  
618.175 OU71  
With 50 percent new or revised material on every aspect of women's well-being, this new edition will be the most updated resource of its kind.