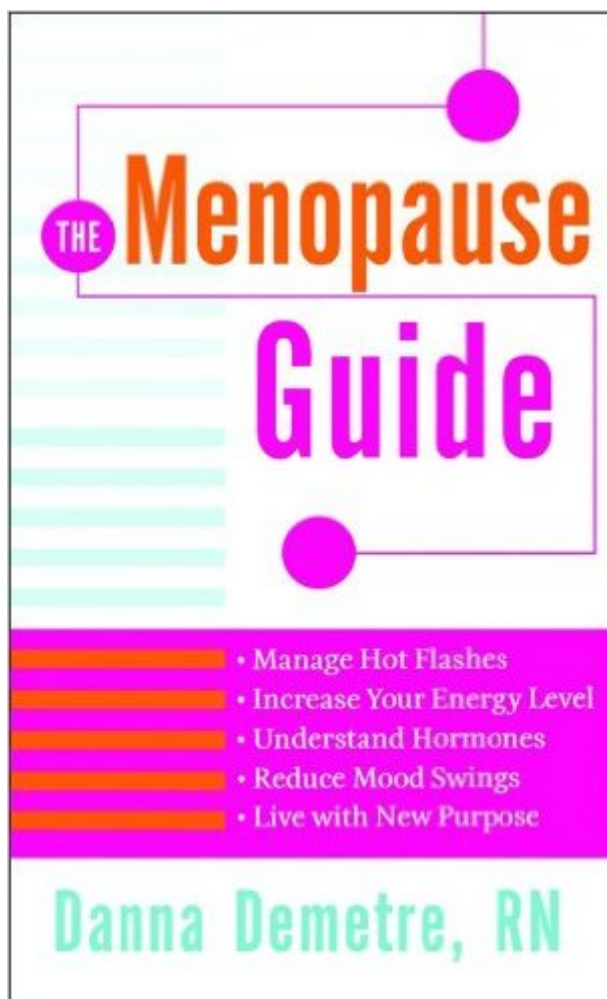


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# Menopause Guide, The



## Synopsis

The Menopause Guide challenges the old myths about menopause and provides practical solutions to the once-dreaded "change" so women can embrace this dynamic and positive season of life. Integrating scriptural applications, Danna outlines the basics to a healthy lifestyle and answers women's questions about hot flashes, mood swings, and other menopause manifestations. With more than twenty-five years of experience in the health and fitness industry, Danna puts her professional expertise and personal experience to work for women everywhere. In The Menopause Guide, she expertly blends humor, hope, and healthy solutions that will help readers maximize the best years of their lives.

## Book Information

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Product Dimensions: 6.9 x 4.2 x 1 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,101,621 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #2775 in [Books > Health, Fitness & Dieting > Women's Health > General](#) #3507 in [Books > Christian Books & Bibles > Christian Living > Women's Issues](#)

## Customer Reviews

This book has really helped me so much. It is funny and so truthful and also a very good read for Christians who don't often want to talk about what they are going through during this time of their lives. Danna has a wonderful way with words. Fabulous

Brilliant book! Makes one feel you're not alone in this thing that's taken over your life and that there's hope after all!

I thought this gave a few insights to me as well as some humor, which is needed. Helped my husband too.

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