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| Autore                  | Caine-Francis Dona                                                                                                                                                                                                                                                                                                                                                                  |
| Titolo                  | Managing menopause beautifully [[electronic resource] ] : physically, emotionally, and sexually / / Dona Caine-Francis                                                                                                                                                                                                                                                              |
| Pubbl/distr/stampa      | Westport, Conn., : Praeger, c2008                                                                                                                                                                                                                                                                                                                                                   |
| ISBN                    | 0-313-34825-1                                                                                                                                                                                                                                                                                                                                                                       |
| Descrizione fisica      | 1 online resource (219 p.)                                                                                                                                                                                                                                                                                                                                                          |
| Collana                 | Sex, love, and psychology, , 1554-222X                                                                                                                                                                                                                                                                                                                                              |
| Disciplina              | 618.1/75                                                                                                                                                                                                                                                                                                                                                                            |
| Soggetti                | Menopause<br>Electronic books.                                                                                                                                                                                                                                                                                                                                                      |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                             |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                  |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                          |
| Note generali           | Bibliographic Level Mode of Issuance: Monograph                                                                                                                                                                                                                                                                                                                                     |
| Nota di bibliografia    | Includes bibliographical references (p. [191]-197) and index.                                                                                                                                                                                                                                                                                                                       |
| Nota di contenuto       | Menopause: physical, emotional, and sexual reinvention -- Menopause basics: what is happening to my body? -- The changing body of the perimenopausal and menopausal woman -- Hormone therapy -- Reinvent the physical you -- Reinvent the emotional you -- Complementary and alternative strategies for the midlife woman -- Sexual revitalization -- Romeo meets Juliet at age 55. |