

1. Record Nr.	UNINA9910782735803321
Autore	Caine-Francis Dona
Titolo	Managing menopause beautifully [[electronic resource]] : physically, emotionally, and sexually // Dona Caine-Francis
Pubbl/distr/stampa	Westport, Conn. : , : Praeger, , 2008 New York : , : Bloomsbury Publishing (US), , 2024
ISBN	979-84-00-68226-1 0-313-34825-1
Descrizione fisica	1 online resource (219 p.)
Collana	Sex, love, and psychology
Disciplina	618.1/75
Soggetti	Menopause
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 and index.
Nota di contenuto	Menopause: physical, emotional, and sexual reinvention -- Menopause basics: what is happening to my body? -- The changing body of the perimenopause and menopause 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!.