

The Menopause Book List:

Must reads and helpful guides for the menopausal woman

1) **The Perfect Menopause: 7 Steps to the Best Time of Your Life**

Provides options for complete solutions by blending natural and traditional medicine.

By Dr. Henry M. Hess, M.D., Ph.D. Westfall Park Publishing Group, Rochester, NY. 2008. (238 pages)

2) **Hot Flashes, Hormones & Your Health**

Breakthrough findings and the latest scientific information on the safety of managing menopause with hormone therapy.

By JoAnn E. Manson, M.D. and Shari Bassuk, Sc.D. McGraw-Hill and Harvard Medical College, New York, NY. 2007. (270 pages)

3) **The Hormone Decision**

Presents the pros and cons of hormones in a straightforward, easy-to-understand style.

By Tara Parker-Pope. Pocket Books, New York, NY. 2008. (373 pages)

4) **The Hormonally Vulnerable Woman**

Complete cutting-edge medical and alternative strategies for living happily with your hormones- including the only safe ways to enhance your sex life using testosterone.

By Geoffrey Redmond, M.D. ReganBooks: HarperCollins Publishers Inc., New York, NY. 2005. (472 pages)

5) **Restore Yourself: A Woman's Guide to Reviving her Sexual Desire and Passion for Life**

By James A. Simon, M.D. and Victoria Houston. The Berkley Publishing Group, New York, NY. 2001. (195 pages)

6) **The Cleveland Clinic Guide to Menopause**

Dr. Holly Thacker cuts through the myths and misinformation and provides solid information to help you handle menopause more effectively. She also offers advice that helps you improve your vitality, longevity, and quality of life.

By Holly L. Thacker, M.D. Kaplan Publishing, New York, NY. 2009. (286 pages)

7) **The Menopause Book (Previously published as *Is it hot in here? Or is it me? The Complete Guide to Menopause*)**

A deeply optimistic guide to all the long, often mysterious years of menopause.

By Pat Wingert and Barbara Kantrowitz. Workman Publishing Company Inc., New York, NY. 2006. (532 pages)

8) **Menopause: The Complete Guide (Revised Edition)**

[Nicole Jaff] clarifies the complex and confusing issues that surround menopause, empowering women to make informed choices about their health.

By Nicole Jaff. Penguin Books (South Africa) Ltd., Johannesburg, South Africa. 2009. (356 pages)