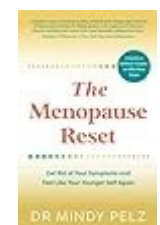


## Menopause

*The Library has a growing collection of books for improving staff well-being. The following books on menopause are available to borrow from the Library.*

- **Black and menopausal** by Yansie Rolston (2023)
- **Just getting started: lessons in life, love and menopause** by Lisa Snowden (2023)
- **The menopause reset : get rid of your symptoms and feel like your younger self again** by Pelz, Mindy(2023)
- **Owning your menopause: fitter, calmer and stronger** by Kate Rowe-Ham (2023)
- **Menopausal: the positive roadmap to your second spring** by Davinia McCall (2022)
- **Cracking the menopause while keeping yourself together** by Mariella Frostrup (2022)
- **Still hot! 42 brilliantly honest menopause stories** by Kaye Adams (2021)
- **Managing hot flushes and night sweats : a cognitive behavioural self-help guide to the menopause** by Myra Hunter and Melanie Smith (2021)
- **Living well through the menopause** by Myra Hunter (2021)
- **The complete guide to the menopause** by Annice Mukherjee (2021)
- **Natural menopause: herbal remedies, aromatherapy, CBT, nutrition, exercise, HRT... for perimenopause, menopause and beyond** by Anne Henderson (2021)
- **Mindful menopause: mindfulness and hypnosis techniques for a calm and positive menopause** by Sophie Fletcher (2021)
- **Preparing for the perimenopause and menopause** by Louise Newson (2021)
- **Happy menopause: smart nutrition to help you flourish** by Jackie Lynch (2020)
- **It's not my head, it's my hormones: how to tame your hormones and feel like yourself again** by Marian Gluck (2019)
- **The feel good guide to menopause** by Nicola Gates (2019)
- **Menopause: the change for the better** by Henpicked (2018)
- [Menopause](#) by Paula Brigg (2018) [e-book]
- **Confessions of a menopausal woman** by Andrea McLean (2018)
- **Menopause: the one stop guide** by Katy Abernathy (2018)
- **Menopause the answers** by Rosemary Leonard (2017)
- **Making friends with the menopause** by Sarah Rayner (2015)
- 



## Menopause contd.

*The Library has a growing collection of books for improving staff well-being. The following books on menopause are available to borrow from the Library.*

- **The second half of your life** by Jill Ruddock (2015)
- **Balance your hormones** by P. Holford (2014)
- **50 things you can do today to manage menopause** by Wendy Green (2009)
- **Understanding the menopause and HRT** by Anne McGregor (2006)
- **Everything you need to know about menopause** by R. Slupik (2005)

