

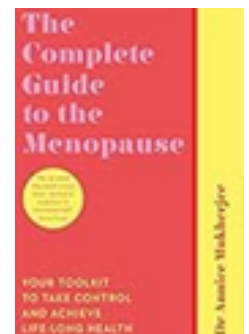
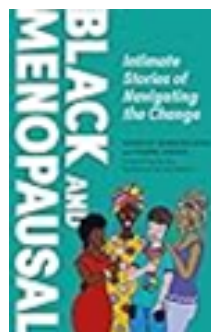
Menopause and perimenopause

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

- **The definitive guide to the perimenopause & menopause** by Dr. Louise Newson (2024)
Class number: Well-being 613.041 NEW
- **Black and menopausal** by Yansie Rolston (2023) Class number: Well-being 613.041 ROL
- **Just getting started: lessons in life, love and menopause** by Lisa Snowden (2023) Class number: Well-being 613.041 SNO
- **The menopause reset : get rid of your symptoms and feel like your younger self again** by Pelz, Mindy(2023) Class number: Well-being 613.041 PEL
- **Owning your menopause: fitter, calmer and stronger** by Kate Rowe-Ham (2023) Class number: Well-being 613.041 ROW
- **Menopausal: the positive roadmap to your second spring** by Davinia McCall (2022) Class number: Well-being 613.041 MCC
- **Cracking the menopause while keeping yourself together** by Mariella Frostrup (2022) Class number: Well-being 613.041 FOS
- **Still hot! 42 brilliantly honest menopause stories** by Kaye Adams (2021) Class number: Well-being 613.041 ADA
- **Perimenopause power: navigating your hormones on the journey to menopause** by Maisie Hill (2021) Class number: Well-being 613.041 HIL
- **Managing hot flushes and night sweats : a cognitive behavioural self-help guide to the menopause** by Myra Hunter and Melanie Smith (2021) Class number: Well-being 613.041 HUN
- **Living well through the menopause** by Myra Hunter (2021) Class number: Well-being 613.041 HUN
- **The complete guide to the menopause** by Annice Mukherjee (2021) Class number: Well-being 613.041 MUK



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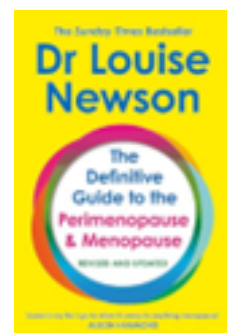
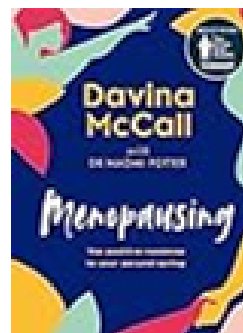
Menopause and perimenopause

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- **Natural menopause: herbal remedies, aromatherapy, CBT, nutrition, exercise, HRT... for perimenopause, menopause and beyond** by Anne Henderson (2021) Class number: Well-being 613.041 HEN
- **Mindful menopause: mindfulness and hypnosis techniques for a calm and positive menopause** by Sophie Fletcher (2021) Class number: Well-being 613.041 FLE
- **Preparing for the perimenopause and menopause** by Louise Newson (2021) Class number: Well-being 613.041 NEW
- **Happy menopause: smart nutrition to help you flourish** by Jackie Lynch (2020) Class number: Well-being 613.041 LYN
- **The feel good guide to menopause** by Nicola Gates (2019) Class number: Well-being 613.041 MCL
- **It's not my head, it's my hormones: how to tame your hormones and feel like yourself again** by Marian Gluck (2019) Class number: Well-being 615.3 GLU
- **Menopause: the one stop guide** by Katy Abernathy (2018) Class number: Well-being 613.041 ABE
- **Confessions of a menopausal woman** by Andrea McLean (2018) Class number: Well-being 613.041 MCL
- **Menopause: the change for the better** by Henpicked (2018) Class number: Well-being 613.041 HEN
- **Menopause: the answers** by Rosemary Leonard (2017) Class number: Well-being 613.041 LEO
- **The second half of your life** by Jill Ruddock (2015) Class number: Well-being 613.041 RUD
- **Making friends with the menopause: a clear and comforting guide to support you as your body changes** by Sarah Rayner (2015) Class number: Well-being 613.041 RAY
- **Balance your hormones** by P. Holford (2014) Class number: Well-being 613.041 HOL
- **50 things you can do today to manage menopause** by Wendy Green (2009) Class number: Well-being 613.041 GRE



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