



# The Baby Boomers' Menopause Handbook : Making Your Own Choices Through the Other End of Puberty

By Carolyn Agosta

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## **The Baby Boomers' Menopause Handbook : Making Your Own Choices Through the Other End of Puberty** By Carolyn Agosta

This book teaches peri-menopausal and menopausal women how to experience and survive this normal life passage without treating it like a disease. It provides alternatives to traditional medical treatment using herbs, supplements, and common sense. More importantly, it teaches women to learn about their own body and to trust their own judgement. This book is a resource to help you access information and to help simplify some of the information that is available. It is a combination of the author's research and the experiences of many other women.

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### **Editorial Review**

#### **Review**

...completely different than anything else that I have read. It is oriented toward helping... (a) woman to be proactive... -- *Gary Klepper, Chiropractor*

I trust this book will encourage women to share their unique knowledge about their personal journeys... -- *Sumedha Kanna, MD, FRCOG, MPH*

Since reading Carolyn's book, I sense her presence each step I take in my own menopause journey. -- *Deborah Flick, Ph. D., Boulder, CO*

#### **About the Author**

Carolyn Agosta is a fifties something baby boomer. In 1994 with the first hint of her own menopause journey, she began researching the subject. Going against her medical doctor's strong objections, she sought alternatives to hormone replacement and found a new medical doctor. Carolyn says, "My goal in writing this book is to use what I have learned to help women take a new experience and learn from it - coming out the other end a stronger, healthier, and happier person."

Carolyn's series of articles on menopause appeared in Coast Magazine (published in Gualala). She has also had articles on menopause published in Access, Mountain Sun, and the Ridge Review, all California based magazines or newspapers.

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**Robert Penrose:**

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