



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

*Carolyn Agosta*

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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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