



# **I Just Want to Be ME Again: A Guide to Thriving Through Menopause**

*Jeanne D. Andrus*

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**Did you get The Talk when you were a young girl? You know, the one about (shh) Your Period.**

**Well, there's another change that happens to us women that's not talked about nearly enough.**

**Menopause.**

**If you're like author, the unanticipated changes and symptoms of perimenopause have you screaming "I just want to be ME again!" Her own journey through menopause led her to research what was happening to her and to figure out how to recapture her own zest for life.**

**Jeanne Andrus shares her findings to help you understand what's going on in your body as you go through the menopause cycle. She explains what the changing hormones mean to your body, your mind, and your emotions.**

**But she doesn't stop there.**

**Andrus offers practical suggestions for simple lifestyle changes to help you:**

- **Understand the messages of your symptoms**
- **Balance your hormones**
- **Tame the symptoms of menopause**
- **Find the best diet plan for you to lose weight and feel fantastic**
- **Discover the right exercise program for your stage of menopause**

**If you want to find your way to the YOU you want to be, this book is your guide!**

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#### **Krystal Harris:**

This I Just Want to Be ME Again: A Guide to Thriving Through Menopause are reliable for you who want to certainly be a successful person, why. The main reason of this I Just Want to Be ME Again: A Guide to Thriving Through Menopause can be on the list of great books you must have is usually giving you more than just simple reading through food but feed anyone with information that possibly will shock your previous knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in e-book and printed people. Beside that this I Just Want to Be ME Again: A Guide to Thriving Through Menopause giving you an enormous of experience such as rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day exercise. So , let's have it and luxuriate in reading.

#### **Judith Smith:**

Typically the book I Just Want to Be ME Again: A Guide to Thriving Through Menopause has a lot of knowledge on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. Mcdougal makes some research previous to write this book. This specific book very easy to read you can get the point easily after looking over this book.

#### **Stacy Knarr:**

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