



# The Midlife Bible: A Woman's Survival Guide

*Michael P. Goodman M.D.*

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## **The Midlife Bible: A Woman's Survival Guide** Michael P. Goodman M.D.

After 35 years of listening to women, Dr. Goodman covers every topic relevant to a woman's concerns: PMS, bleeding problems, bone density, pelvic support issues, fatigue syndromes, irritable bowel, insomnia, psychological blahs, and the dilemma of childlessness at midlife. It includes honest information about breast cancer and an open discussion about sexuality. Dr. Goodman explains and offers relief from the perimenopausal crazies and, most importantly, simplifies the hormone replacement therapy decision with a full discussion of prescription hormones, bio-identicals and compounded preparations, and non-hormonal alternatives. Included is the latest on PROGESTERONE: Is it unsafe at any speed? The Midlife Bible is an invaluable, accessible little gem-truly a complete survival guide. The Midlife Bible helps women not only survive but thrive throughout their perimenopausal and menopausal years. As benefits, they will: . Have more energy . Improve their memory. Sleep better. Enjoy sex again. Look and feel better. Eliminate hot flashes

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