



Mind Over Menopause: The Complete Mind/Body Approach to Coping with Menopause

Herbert Benson, Leslee Kagan, Bruce Kessel M.D.

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Control Your Menopause Symptoms with a Holistic Mind/Body Approach

Millions of women report the years after menopause as a time of increased confidence and feelings of empowerment. However, the menopause transition can be a difficult one. Maybe you've endured night sweats. Maybe you've begun asking friends and family, "Is it hot in here?" only to get a resounding "No." Maybe you're noticing that PMS is more than a monthly occurrence. If you're searching for a natural or integrated medical approach to navigate the midlife transition and improve your long-term health, you have picked up the right book.

Based on groundbreaking programs developed by clinicians at the Mind/Body Medical Institute, including Dr. Herbert Benson, *Mind Over Menopause* is the only book to combine the expertise of the Mind/Body Medical Institute, Harvard Medical School, and a leading member of the North American Menopause Society to create a complete plan for coping with menopause symptoms, so that all women can attain that confidence and enhance their midlife experience.

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