



# Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife

*Tara Allmen*

Download now

[Click here](#) if your download doesn't start automatically

# Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife

Tara Allmen

**Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife** Tara Allmen

An authoritative guide to understanding and navigating the hormonal changes and health issues women experience in midlife and beyond, from one of the leading medical experts in the field.

The physical changes that occur after women turn forty are unavoidable—and can be unnerving. Menopause affects every aspect of life—from sex and sleep to mood and mental clarity to weight and body temperature. While there are a number of resources available, many are confusing and contradictory. Now, Manhattan gynecologist Dr. Tara Allmen, an experienced, nationally board-certified menopause practitioner and the recipient of the 2015 Doctor’s Choice National Award for Obstetrics & Gynecology, shares her knowledge to help women be their happiest and healthiest, and turn this challenging time into an exciting one.

Written in her effervescent yet assured voice, *Menopause Confidential* provides simple strategies and cutting-edge information on:

- hormonal changes and the symptoms of perimenopause and menopause;
- the health risks associated with midlife—from cutting through the conflicting opinions and advice about health screenings (Do I really need a colonoscopy? How often should I get a mammogram?) to common medical conditions, such as osteoporosis;
- various remedies, both allopathic and natural, to combat symptoms and empower women to make the best choices for their individual needs;
- practical tips and resources for mitigating the effects of menopause.

Fifty-one-year-old Dr. Allmen knows firsthand what women are going through, and shares stories of her own personal travails and solutions. Women can’t turn back the clock, but they can take control of their health and flourish in midlife. *Menopause Confidential* encourages them to be informed, be proactive, and be their greatest selves.

 [Download Menopause Confidential: A Doctor Reveals the Secre ...pdf](#)

 [Read Online Menopause Confidential: A Doctor Reveals the Sec ...pdf](#)

## **Download and Read Free Online Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife Tara Allmen**

---

### **From reader reviews:**

#### **Charles Greiner:**

Have you spare time for a day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to the actual Mall. How about open as well as read a book titled Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife? Maybe it is to become best activity for you. You know beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have some other opinion?

#### **Michael Kimbrell:**

The actual book Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife will bring you to definitely the new experience of reading a new book. The author style to explain the idea is very unique. In case you try to find new book to study, this book very acceptable to you. The book Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife is much recommended to you to learn. You can also get the e-book from official web site, so you can easier to read the book.

#### **Jose Pina:**

Why? Because this Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book adjacent to it was fantastic author who write the book in such wonderful way makes the content interior easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book possess such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

#### **Cheryl Ruiz:**

Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife can be one of your beginning books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort that will put every word into pleasure arrangement in writing Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife however doesn't forget the main position, giving the reader the hottest and also based confirm resource information that maybe you can be certainly one of it. This great information can drawn you into brand-new stage of crucial considering.

**Download and Read Online Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife Tara Allmen  
#U864QS9N1BO**

## **Read Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen for online ebook**

Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen books to read online.

### **Online Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen ebook PDF download**

### **Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen Doc**

**Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen Mobipocket**

**Menopause Confidential: A Doctor Reveals the Secrets to Thriving Through Midlife by Tara Allmen EPub**