Menopause

The right time to take care of yourself

Authors: Fabienne Travers (Text) - Soledad Bravi (Illustrations)

Publisher : Denoël

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Mind - Body - Woman

A handy and essential guide to a getting the most out of menopause.

The changes to the mind and body that menopause brings on can be more or less unpleasant, but follow these few easy rules, and they won't get you down! A treasure trove of dietary tips, advice on well-being, information on medical treatments and alternative medicines, this book is an indispensable guide to help women move past a milestone with ease. Clear, playful, comprehensive, 100% drama-free, enlivened by Soledad Bravi's humorous illustrations.

Rights Sold: Espagne (RBA Libros)

Date : 03/10/2019

Pages : 160

Format cm : 16 x 21

Prix : 16.9

EAN : 9782207143735