

# Menopause Recommended Reading List



Everything you need to know about the menopause (but were too afraid to ask)

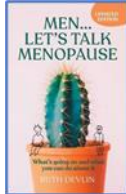
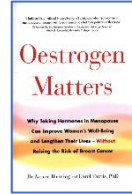
Kate Muir

General Menopause

Hormonal

Oestrogen matters

Avrum Bluming MD and Carol Tavis PhD



Men... Let's Talk Menopause

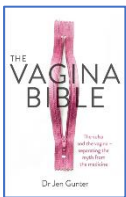
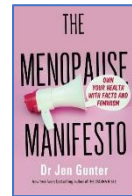
Ruth Devlin

Help Partners to Understand

The menopause manifesto: own your health with facts and feminism

General Menopause

Dr Jennifer Gunter



The vagina bible: the vulva and the vagina - separating the myth from the medicine

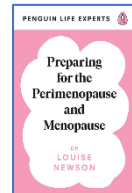
Dr Jennifer Gunter

General Menopause

Preparing for the perimenopause and menopause

General Menopause

Dr Louise Newson



Menopause: All you need to know in one concise manual

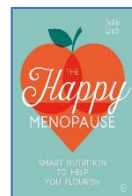
Dr Louise Newson

General Menopause

The happy menopause: smart nutritional choices to help you flourish

Menopause and Nutrition

Jackie Lynch



The new hot: navigating the menopause with attitude and style

Meg Mathews

General Menopause

Me and my menopausal vagina: living with vaginal atrophy

General Menopause

Jane Lewis

