



Menopause, Sisterhood, and Tennis A Miraculous Journey Through the Change

By Alice Wilson-Fried

Basic Health Pubns. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.0in. x 6.1in. x 0.3in.ln Menopuase, Sisterhood, and Tennis, Wilson-Fried offers the powerful story of one womans tangled journey through menopuase. Based uponher own experience, and steeped in the rich Southern humor ofher mother and grandmother, this guide to surviving The Change unveils the mystery of menopuase, laying bare the physiological, psychologicl and emotional transformations menopause brings to womens lives. In giving the story of her own experience and research, Wilson-Fried offers to wommen everywhere a laywomans guide to the medical understanding of menopause, offering personal epiphanies about why diet, exercise, mental activity, and good humor are necessary for good health during menopause-and even more important, encouragement, motivation, and advice for women who despair of ever being able toimplement these strategies into daily life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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