

Menopause:


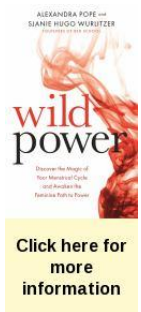
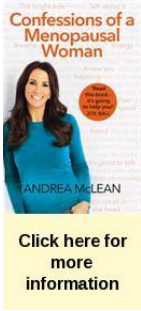
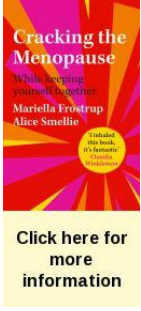
a resources guide


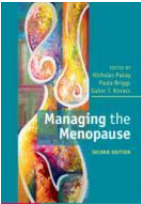
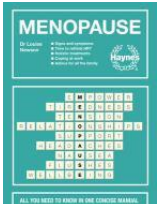
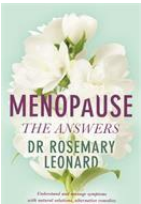


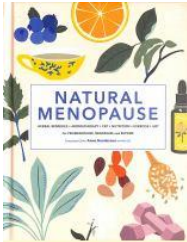
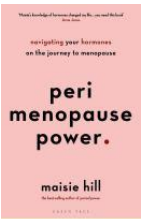
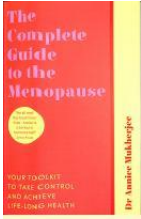
Compiled
January 2022

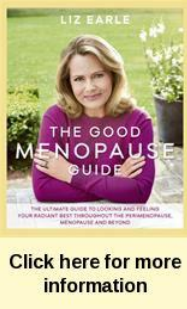
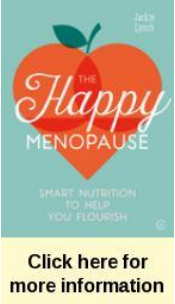
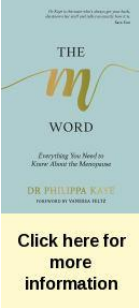
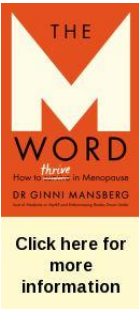

The books below are available to borrow from The Academy Library.

If there are titles not included in this book list you would recommend or like to borrow, then please let us know and we endeavour to obtain them on your behalf.

	Title	Classmark
 <p>Click here for more information</p>	<p>Our bodies not ourselves: women aging from menopause to one hundred</p> <p>Kathryn Kirigin and Carol Warren</p> <p>(2019)</p>	<p>WP120</p>
 <p>Click here for more information</p>	<p>Wild power: discover the magic of your menstrual cycle and awaken the feminine path to power</p> <p>Alexandra Pope and Sjaime Hugo Wurlitzer</p> <p>(2017)</p>	<p>WP620</p>
 <p>Click here for more information</p>	<p>Confessions of a menopausal women</p> <p>Andrea McLean</p> <p>(2019)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Cracking the menopause: while keeping yourself together</p> <p>Mariella Frostrup and Alice Smellie</p> <p>(2021)</p>	<p>WP640</p>

 <p>Click here for more information</p>	<p>Making friends with the menopause: a clear and comforting guide to support you as your body changes</p> <p>Sarah Rayner with Patrick Fitzgerald</p> <p>(2018)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Managing the menopause</p> <p>Nick Panay, Paula Briggs and Gabor Kovacs</p> <p>(2020)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Menopause: all you need to know in one concise manual</p> <p>Louise Newson</p> <p>(2019)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Menopause: the answers: understand and manage symptoms with natural solutions, alternative remedies and conventional medical advice</p> <p>Rosemary Leonard</p> <p>(2017)</p>	<p>WP640</p>

 <p>Click here for more information</p>	<p>Menopause: the one-stop guide: a practical guide to understanding and dealing with the menopause</p> <p>Kathy Abernethy</p> <p>(2019)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Natural menopause: herbal remedies, aromatherapy, CBT, nutrition, exercise, HRT... for perimenopause, menopause and beyond</p> <p>Anne Henderson</p> <p>(2021)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Perimenopause power: navigating your hormones on the journey to menopause</p> <p>Maisie Hill</p> <p>(2021)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>Preparing for the perimenopause and menopause</p> <p>Louise Newson</p> <p>(2021)</p>	<p>WP640</p>
 <p>Click here for more information</p>	<p>The complete guide to the menopause: your toolkit to take control and achieve life-long health</p> <p>Annice Mukherjee</p> <p>(2021)</p>	<p>WP640</p>

	<p>The good menopause guide: the ultimate guide to looking and feeling your radiant best throughout the perimenopause, menopause and beyond.</p> <p>Liz Earle (2018)</p>	<p>WP640</p>
	<p>The happy menopause: smart nutritional choices to help you flourish</p> <p>Jackie Lynch (2020)</p>	<p>WP640</p>
	<p>The M word: everything you need to know about the menopause, before, during and after</p> <p>Philippa Kaye (2020)</p>	<p>WP640</p>
	<p>The M word: how to thrive in menopause</p> <p>Ginni Mansberg (2020)</p>	<p>WP640</p>
	<p>The wisdom of menopause: creating physical and emotional health during the change</p> <p>Christiane Northrup (2021)</p>	<p>WP640</p>

A variety of e-resources are also available for information about the menopause.

Apps:



Balance

<https://www.balance-menopause.com/balance-app/>



Health and Her

<https://healthandher.com/>



MegsMenopause

<https://megsmenopause.com/2020/03/16/megsmenopause-app/>

Websites:

Lumosity Brain Training: Challenge & Improve Your Mind - <https://www.lumosity.com/en/>

MPowered Women - <https://mpoweredwomen.net/>

Balance - <https://www.balance-menopause.com/>

British Menopause Society - <https://thebms.org.uk/>

The Daisy Network - <https://www.daisynetwork.org/>

My Second Spring - <https://mysecondspring.ie/>

Menopause Support - <https://menopausesupport.co.uk/>

The 'male menopause' - <https://www.nhs.uk/conditions/male-menopause/>

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