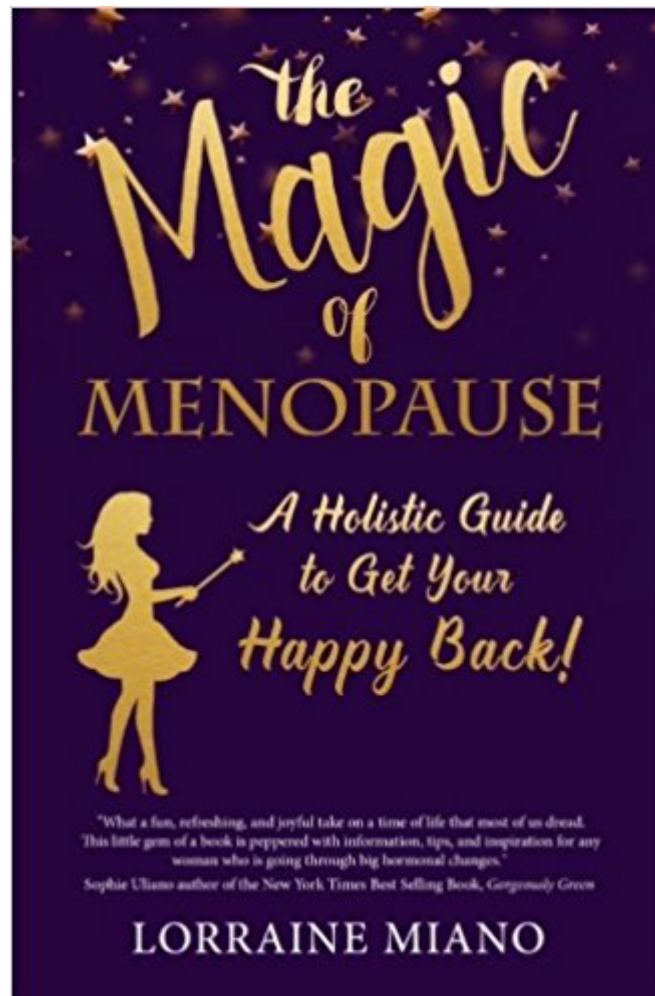




The book was found

The Magic Of Menopause: A Holistic Guide To Get Your Happy Back!



Synopsis

Upon discovering she was about to be a grandmother, just as menopause and a hysterectomy were at her doorstep, Lorraine Miano decided she needed to turn her healthy lifestyle habits up a notch. She was not going to be a has-been--she was determined to be a will-be! In her book, *The Magic of Menopause*, Lorraine walks you through what it takes to make lifestyle changes that will set you up to live the rest of your life healthy and happy--at any age! It goes far beyond weight loss and encompasses all of the magical side effects of a healthy life, like fewer wrinkles, glowing skin, fewer aches and pains, and more energy! This book will help guide you through the struggles women face when they begin menopause, and helps you tackle daily changes, such as: *Balancing your hormones holistically *Getting a better night's sleep *Reducing and/or eliminating hot flashes *Improving libido! *Saying goodbye to anxiety and depression! *Having the party of your life!

Book Information

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Customer Reviews

"What a fun, refreshing, and joyful take on a time of life that most of us dread. This little gem of a book is peppered with information, tips, and inspiration for any woman who is going through big hormonal changes".--Sophie Uliano, author of "Gorgeously Green". "Inspiring! Lorraine covered all the major issues with menopause simply but with enough detail that women can follow easily. Encouraging positivity and a happy ending is so very important as many menopause women are unable to see the light at the end of the tunnel as they feel so overwhelmed and miserable. *My eldest daughter is now in her very early forties so I will be passing the book for her to read (after my colleagues have had it first!)*--Eileen Durward, A Vogel Menopause Expert

Lorraine Miano is an Integrative Certified Health Coach who is especially passionate about working with women in all phases of menopause who have weight, metabolism and aging concerns so they can have more energy, less stress, and feel comfortable in their own skin. As a graduate of the Institute of Integrative Nutrition, she offers individual health and nutrition coaching as well as group coaching sessions. When she is not teaching, she is spending time with her husband, her three adult children, and her precious grandchildren.

Thank you to my dear friend Lorraine for all the information and support given to us woman going through all the challenges of menopause. This book is so well written with tons of useful information!

Very informative, I appreciated the insight, the knowledge of different vitamins I was missing. I hope these skills and supplements work

Great easy read with lots of pointers ,It get right to point of how to help with menopause.! 5 stars!

Love it. Lorraine speaks directly to me!

Well written and easy to understand. Packed with useful information! I definitely recommend this book!

I am a woman who just turned 40, not yet in menopause, but I know that this is something that will be just around the corner. I love the holistic approach to health, and had a feeling this book would be right up my alley when it comes to prepping for that "special time" in a woman's life. Over the past week, I have spent every night before bed reading this book and have been more inspired than I have been with almost anything. Lorraine inspires the reader (me) to be a better person, wanting more for my future, my health, and my loved ones, for me to live the best life I can be. Her inspiration to live life to the fullest until the day it's all said and done... just what I need for a swift kick on the rear to love my body, know what I am doing to it and putting in it, and taking better care of myself. As a holistic coach, Lorraine delivers the information with love, care, and motivation to take each day by the horns and LIVE IT! Grab this book as quick as you can! You won't regret it!!! A great gift for yourself or a woman in your life whom you want to inspire before, or during menopause!

Ladies, if you haven't read this book, you are missing out! This is true for any adult female, whether you are menopausal or not. Lorraine's advice and fun writing style make this book a must have. It's a quick read with excellent practical advice as well as sound wisdom. My favorite line is "on some level, many women, I believe, hold anxiety within the confines of their multitasking, nurturing (of everyone but themselves), and worrisome bodies." Hello! What woman does not identify with that statement? This book is funny, insightful, well-written and packed with good information. Don't miss out, get your copy today!

I've been blogging about menopause for five years on my site, Friend for the Ride.com. I've read a lot of menopause literature! Lorraine Miano's The Magic of Menopause is one of the finest resources I've found. Lorraine captures, with wit and grace, the good and the bad about The Change of Life. She combines up-to-date medical information and practical advice with an upbeat and authentic philosophy for making these years glow with magic. A must read for every woman over forty-five!

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