



# Before Your Time: The Early Menopause Survival Guide

*Evelina Weidman Sterling Ph.D., Angie Best-Boss*

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HAS "THE CHANGE" COME TOO SOON ? DON' T WORRY, YOU'RE NOT ALONE!

Every year more than two million women enter early menopause and find themselves suddenly dealing with a host of unforeseen (and little discussed) issues. In *Before Your Time*, Evelina Weidman Sterling and Angie Best-Boss provide expert advice and answer all your questions, including:

Is it safe to start hormone therapy in your thirties rather than in your fifties?

What are your fertility options?

How can you combat the long-term effects of early menopause, such as a greater risk of osteoporosis, heart disease, and diabetes?

How will early menopause affect your relationships? Your sex life? Your sense of self?

*Before Your Time* brings you the best-researched, most up-to-date answers to all those tough-to-ask questions. The good news: there is more research and information available now than ever before to keep you safe and healthy, and it's all right here!

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The book Before Your Time: The Early Menopause Survival Guide has a lot details on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. Mcdougal makes some research before write this book. This book very easy to read you can obtain the point easily after scanning this book.

#### **Dustin Davis:**

Before Your Time: The Early Menopause Survival Guide can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to get every word into joy arrangement in writing Before Your Time: The Early Menopause Survival Guide yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource details that maybe you can be one of it. This great information can certainly drawn you into fresh stage of crucial thinking.

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