

Your Menopause Library: Essential Reads for Every Stage

As you navigate the many phases of menopause, having reliable and insightful resources can be a true comfort. We've curated a list of our favorite books that not only offer expert advice and practical tips but also resonate with the personal experiences that so many of us share. These books have been selected with care to guide, inform, and support you through this transformative journey. Take a moment to explore these titles, and find the ones that speak to your unique experience.

The Menopause Manifesto by Dr. Jen Gunter is an empowering guide that debunks myths and provides clear, science-based information on menopause. Dr. Gunter covers the medical aspects, like hormone therapy and symptom management, while also challenging the societal stigmas around menopause. This book encourages women to take control of their health and navigate menopause with confidence, making it an essential read for understanding this life stage.

The New Menopause by Marie Claire Haven offers a modern and refreshing take on navigating menopause. Haven blends the latest scientific insights with practical advice, covering essential topics like hormone therapy, symptom management, and overall wellness. She also delves into the emotional and psychological aspects of menopause, providing a holistic approach to this life stage. This book is an empowering resource, guiding women to embrace menopause with confidence and clarity.

The Menopause Brain by Dr. Lisa Mosconi explores the impact of menopause on cognitive function, offering insights into how hormonal changes can affect memory, focus, and mental clarity. Dr. Mosconi combines cutting-edge research with practical strategies to support brain health during menopause, addressing common concerns and debunking myths. This book is an essential guide for women looking to maintain cognitive wellness and navigate the neurological changes that accompany menopause with confidence.

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Estrogen Matters by Dr. Avrum Bluming and Dr. Carol Tavis is a compelling exploration of the role of estrogen in women's health, particularly during menopause. The authors challenge misconceptions about hormone therapy, presenting a thorough review of scientific evidence that supports the benefits of estrogen in reducing the risks of heart disease, osteoporosis, and even some forms of cancer. This book provides a balanced and persuasive argument in favor of rethinking the role of estrogen in menopause management, making it a crucial read for those looking to make informed decisions about their health.

You Are Not Broken by Dr. Kelly Casperson is an empowering guide that addresses common misconceptions about women's sexual health and well-being, particularly during menopause. Dr. Casperson, a urologist and sexual medicine expert, provides straightforward, science-based advice to help women understand their bodies, enhance their sexual health, and embrace their sexuality without shame or guilt. With a focus on breaking down taboos and fostering self-acceptance, this book is an essential resource for women seeking to reclaim their sexual confidence and well-being during menopause and beyond.

Grown Woman Talk by Dr. Sharon Malone is an insightful and empowering guide for women navigating midlife, particularly through the transition of menopause. Dr. Malone, a renowned OB/GYN, offers practical advice and expert knowledge on the physical, emotional, and hormonal changes women experience during this stage. The book emphasizes self-care, wellness, and embracing the wisdom that comes with age. Grown Woman Talk is an essential read for women seeking to understand and thrive during midlife, with confidence and clarity.

Hormone Repair Manual by Lara Briden is a comprehensive guide that offers practical advice on managing perimenopause and menopause through natural treatments and lifestyle changes. Briden, a naturopathic doctor, explains the hormonal shifts that occur during midlife and provides actionable strategies for balancing hormones, relieving symptoms, and improving overall health. With a focus on nutrition, supplements, and holistic approaches, Hormone Repair Manual is an invaluable resource for women looking to take control of their health and navigate menopause with confidence.

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How to Menopause by Tamsen Fadal is a menopause manual that cuts to the chase so you can take back control of your body, your confidence—and your life. If you're ready to feel like yourself again, this book is "the talk" you never had. How To Menopause is packed with actionable steps and evidence-based tools from a team of 42 experts including neuroscientists, menopause-certified physicians, sex and relationship therapists, sleep doctors, and a variety of lifestyle mentors.

Next Level by Stacy Sims and Selene Yeager is a comprehensive, physiology-based guide to peak performance for active women approaching or experiencing menopause. In Next Level, you'll learn the underlying causes of menopause: the hormonal changes that are causing all the symptoms you're feeling, and their impact on your wellness and performance. Then, what you really came for—what to do about it. Inside you'll find science-backed advice about training, nutrition, sleep and recovery and supplements, as well as sample exercise routines, meal plans, macronutrient planning charts, and case studies from real women Stacy has coached through the transition. It's the ultimate guide to navigating the Next Level.

The Menopause Moment by Dr. Kelly Casperson is a book that's not here to tell you what to do; it's here to give you the knowledge to decide for yourself because women like you are smart. You'll learn the truth about what happens to your body in midlife, how hormones actually work (without the hype or fearmongering), and evidence-based strategies to feel your best and the power to live life on your terms - in health and with science-backed strategies for your longevity.

Unbreakable: A Woman's Guide to Aging with Power by Vonda Wright, M.D. is a cutting-edge guide to nutrition, training, and lifestyle that will optimize a woman's body for longevity, through menopause and beyond.

Millennial Menopause: Preparing for Perimenopause, Menopause, and Life's Next Period by Lauren A Tetenbaum, LCSW, JD, PMH-C, is a new way to take on menopause with this refreshingly real guide for millennials looking to embrace a challenging life phase with confidence, humor, and empowerment.