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Menopause and the Mind: The Complete Guide to Coping with the Cognitive Effects of Perimenopause and Menopause Including: Memory Loss Foggy Thinking Verbal Slips

By Claire L. Warga Ph. D.

Touchstone Books. Paperback. Book Condition: New.

Paperback. 416 pages. Dimensions: 8.3in. x 5.5in. x 1.0in. Are you between the ages of 35 and 60 and having trouble remembering your best friend's phone number? If this sounds familiar to you, take heart: Claire Warga's help and advice are on the way. In this groundbreaking book, Dr. Warga, a neuropsychologist, identifies the mind misconnect syndrome that causes unsettling events during perimenopause and menopause, noting that they are not signs of imminent madness but a natural part of aging. Drawing upon cutting-edge brain research and many never-before-described cases, Warga provides the first scientific explanation for why the symptoms occur and reveals how they can be reversed or alleviated. She provides a self-assessment test to help readers determine whether they are experiencing mind misconnect syndrome and offers important information and advice on estrogen replacement therapy as well as non-hormonal treatments that mimic estrogens' mind-boosting effects. Her self-screening test, symptom chart, and treatment measurement technique are important tools every woman can use to assess her condition and progress over time, with or without her obgyn. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

Reviews

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