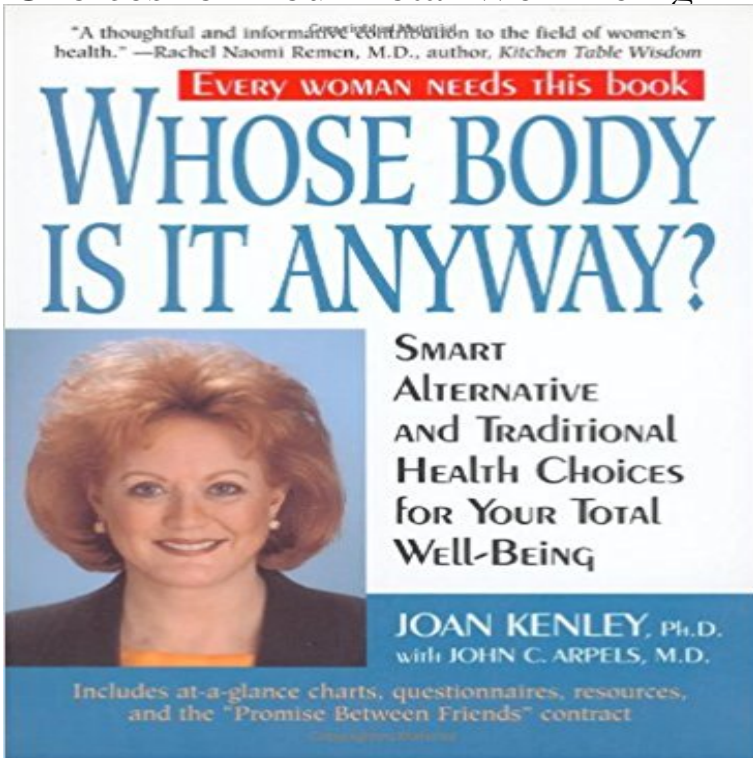


Whose Body Is It Anyway?: Smart Alternative and Traditional Health Choices for Your Total Well-Being



Like a fireside chat with a woman who cares, here's an essential guide to help women organize their thoughts and questions about alternative and traditional treatment choices—from the popular psychologist and women's health and speaking-voice expert. Joan Kenley's own frustrating, almost fatal search for the right medical choice for her female condition triggered her passion to help other women more easily understand the medical maze of options thrown at them. With guidance from a distinguished advisory council, Dr. Kenley covers a wide range of concerns, including menopause symptoms, hormone replacement, sexual concerns, heart disease, cancer, osteoporosis, incontinence, image and weight issues, plastic surgery, nutrition, exercise, and skin care. A unique feature of *Whose Body Is It Anyway?* is its accessible format: the print is easy to read, and important points are in bold so that readers can zero in on the most pertinent information quickly. The book is filled with charts, diagrams, and simple graphics; a Just Do It checkup schedule; a diagnostic questionnaire (*Your Health History Is You*) and the authors' deeply inspiring Promise Between Friends Contract—to encourage a buddy system whereby two friends can help each other schedule important regular checkups and, if needed, offer companionship through illness.

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