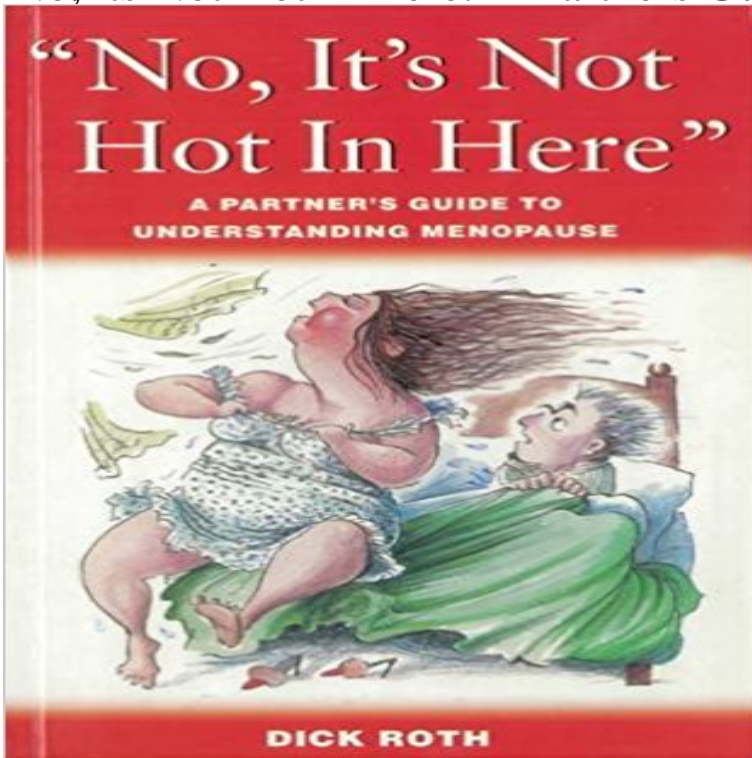


No, its Not Hot in Here: A Partners Guide to Understanding Menopause



At long last - a book written to help men understand what their partners are experiencing as they approach and go through menopause. With a minimum of scientific and academic jargon, this book presents the facts about menopause. It explores the physical and psychological aspects, offering anecdotes and explanations throughout, with a liberal sprinkling of lively and down-to-earth humour. Roth delves into the controversies surrounding menopause. His aim is to help partners and family to become aware of the information and misinformation that people receive around menopause. He discusses what women most want and need, and how men can avoid being judgmental or condescending in their efforts to help and understand. No, Its Not Hot in Here is an excellent resource book for women as well as men. Straightforward and accurate, it presents the facts and choices that face women during menopause.

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