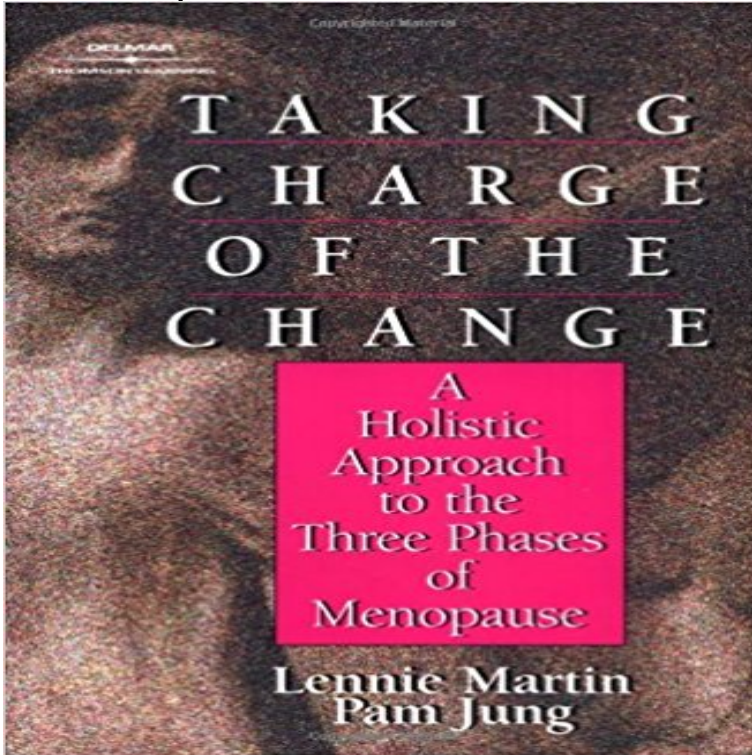


# Taking Charge of the Change: A Holistic Approach to the Three Phases of Menopause



This book presents a holistic approach to women's midlife and menopause transitions. It provides a balanced approach giving the expected benefits and side effects of western medical and complementary therapies for the entire range of menopausal concerns. Comprehensive information provided in a user-friendly way, including a matrix for finding western and alternative therapies for each symptom. Contained are graphs, illustrations, charts and worksheets to enhance learning and allow women to individualize the material. Special focus is placed on art that represents expansive, powerful, and symbolic aspects of women's beings; including a wide array of goddess and mythic images. The path of women's spiritual unfolding is described, with its unique features as they connect with the feminine divine. Women are brought in touch with their long heritage of archetypes in history and myth, and given guidance in drawing from the energies of archetypes to bring deeper aspects of the self into expression.

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