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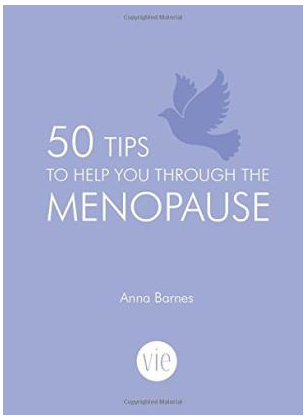

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, 50 Tips to Help You Through the Menopause, Anna Barnes, The menopause is a reality that all women face, and one that can seem daunting. This useful book, with its holistic approach, provides a simple and accessible selection of easy-to-follow tips that will help you to deal with the physical and emotional issues that come at this time of your life.

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- Authored by Anna Barnes
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