



# Sudden Menopause: Restoring Health and Emotional Well-Being

*Debbie DeAngelo*

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# Sudden Menopause: Restoring Health and Emotional Well-Being

*Debbie DeAngelo*

## **Sudden Menopause: Restoring Health and Emotional Well-Being** Debbie DeAngelo

This book provides answers for women not quite at midlife who undergo menopause brought on by a hysterectomy, anorexia, chemotherapy, or a reaction to medication. Topics covered include hot flashes, emotional instability, osteoporosis prevention, and heart disease. Each subject is addressed medically and holistically, with a thorough description of coping options.

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