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# Menopause and Me

*Barbara Frodsham*

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# Menopause and Me

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**Menopause and Me** Barbara Frodsham
When menopause symptoms start shouting at you: your emotions are all over the place, you just don't feel yourself any more and you think you might be going mad. Here is a fresh approach: simple and easy to read, this book aims to help women handle the emotional side of the menopause. There's a chapter for men too, giving ideas and insights to enable them to handle the feelings more easily. Find out how to feel better about yourself and within yourself. Take charge, give yourself time to think about it and look after yourself. You can make the most of this important and special time of your life - it is definitely not all over. An amazing new You is just waiting to emerge!

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