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The Hot Topic: A Life-Changing Look at the Change of Life

By Christa D Souza

Short Books Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 128 mm. Language: English . Brand New Book. There has never been a better time to be a menopausal woman. Technology is such that 60 really is the new 40 (or even 35). But, for Christa D Souza, some nagging questions remain. What is the point of us now that we are officially biologically irrelevant? Are hormones safe, even if you've had cancer? Is there a cut-off point for plaits? In this fabulously confessional romp through the menopause, D Souza tells us what it was like for her, and what it will be like for you. She meets a bunch of menopausal nuns in San Francisco, goes hunter-gathering with the Hadza tribe in Tanzania, interviews experts around the world to get the latest science, and discovers along the way some surprising silver linings to this key milestone of maturity. The Hot Topic is a treat of a book - liberating, empowering and unexpectedly moving in its truth-telling.



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Reviews

It is an awesome publication which I actually have ever read through. It had been written really properly and valuable. I found out this book from my mum and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read it and I am sure that I will go back to read it again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin