

NEWLY REVISED AND UPDATED

# Positive Approaches to Menopause

# the pause

"Informative and up-to-date...  
Barbach's trusted and knowledgeable voice  
is both supportive and challenging."  
—*San Francisco Chronicle*

**Lonnie Barbach, Ph.D.**

*Author of For Yourself and For Each Other*

*Foreword by John Arpelis, M.D.*

# The Pause Positive Approaches To Menopause Revised Edition

**Y Pai**



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