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Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new vision of midlife--and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence.

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The Wisdom of Menopause | Christiane Northrup, M.D.

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