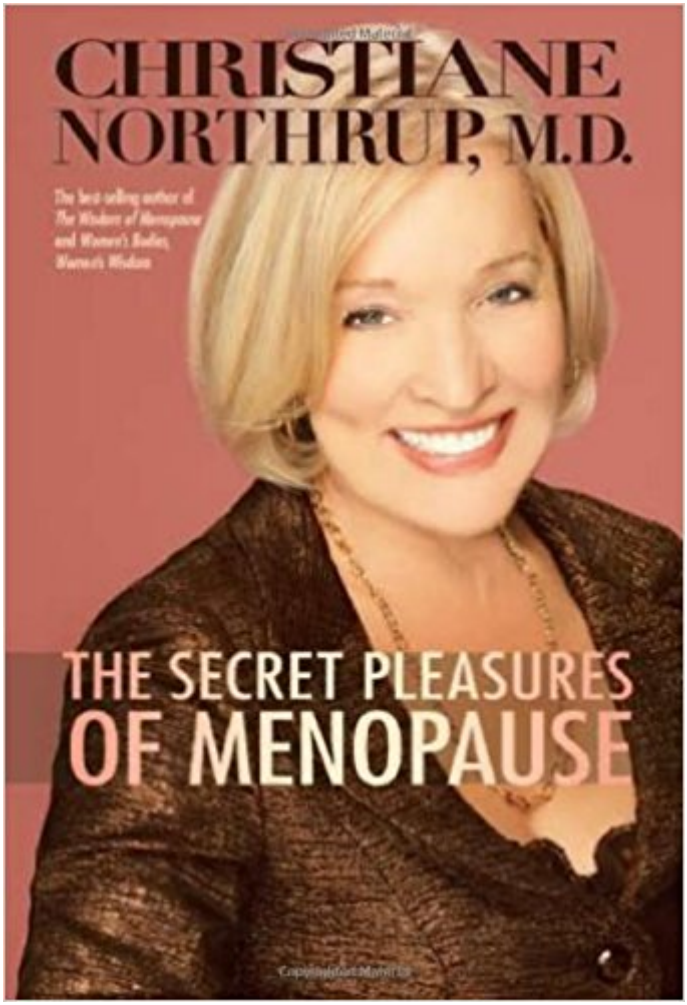
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The Secret Pleasures Of Menopause



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Synopsis

Ã Â Ã Â Ã Â Ã Â Ã Â Ã Â The Secret Pleasures of Menopause is a groundbreaking book that is long overdue! Christiane Northrup, M.D., delivers a breakthrough message that will help millions and millions of perimenopausal and menopausal women just like you understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams! Dr. Northrup believes that itÃ¢â ¬â„¢s time for you to step forward and learn to enjoy the best years of your life! Even though studies show that menopause doesnÃ¢â ¬â„¢t decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of menopausal women arenÃ¢â ¬â„¢t experiencing the pleasure and sexual satisfaction that is their birthright. It is a long-held misconception that menopause signals Ã¢â ¬Å“the beginning of the end,Ã¢â ¬Â• and nothing could be further from the truth. In this fascinating book, Dr. Northrup candidly guides you toward experiencing life after 50 as the most pleasurable time of your life! Ã Â

Book Information

Hardcover: 192 pages

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Best Sellers Rank: #382,667 in Books (See Top 100 in Books) #16 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > Menopause #993 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > General #1313 inÃ Â Books > Self-Help > Sex

Customer Reviews

"Northrup writes from experience and, more importantly, from her professional expertise as a physician who has treated many women and researched menopause.’" -Publishers Weekly

Christiane Northrup, M.D., a board-certified ob-gyn, is a visionary pioneer; beloved authority in womenÃ¢â ¬â„¢s health and wellness; and the author of the New York Times bestsellers WomenÃ¢â ¬â„¢s Bodies, WomenÃ¢â ¬â„¢s Wisdom and The Wisdom of Menopause. Her third book, Mother-Daughter Wisdom, was voted Ã¢â ¬â„¢s number one book of the year in both

Parenting and Mind/Body Health in 2005. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women create vibrant health through tapping into their inner wisdom.

I was disappointed because the book didn't really have much new that I didn't already know. Was hoping for more juice based on the title!However, I did glean some interesting info on nitric oxide, so will be quoting her in my next book. Apparently this stuff really helps with orgasms. She also give info on how to increase it. There is an entire chapter on that, which did make the book worthwhile for me.There is also a chapter on "7 keys that will open the door to wonderful sexuality and sensuality after menopause" which basically entail old-idea things like lingerie, music, bubble baths, affirmations, and g-spot stimulation. She claims that post menopausal women are most active when they find a new partner. But for those of us who are happily married, she suggests BEING the new partner, reinventing yourself.

I ordered this book because of the problems I was having with menopause. Dr Northrup's words of encouragement along with her medical advice helped me tremendously. I now use an estrogen tablet vaginally which has changed my sex life around. I now enjoy a sexual life that I was missing out on so badly. Thank you Dr. Northrup! Life is Good!!

My wife loves the book.

I was hoping for more general information about menopause and practical ways to combat issues. Though she does give specific ideas on how to thrive during this time, much of her ideas are related to one's sex life. Much of what she shares I already know. I was hoping to get a new perspective.

I found it to be a cute and uplifting book that espouses the positive aspects of menopause.. I hit the change at a very very early age. None of my friends wanted to talk about it then because they were/are afraid of it. Even tho I did not have this book then, I have it now. If my friends wish to talk about menopause at all now, I'll simply recommend this book :)

My mother passed away ten years ago and I really didn't have anyone to talk about menopause with. Dr. Northrup is wonderful. She has blessed my lift with her books.

She hits it out of the park feel bad about getting older ladies you won't after reading this book you will feel valued and beautiful about your wisdom you now have.

This was a book for my mom, not me, LOL. She loved it, helped her immensely. Since then she only goes through for her books. Thank you!

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