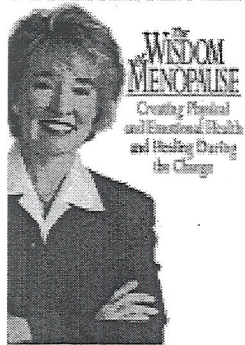


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CHRISTIANE
NORTHROP, M.D.



The Wisdom of Menopause: Creating Physical and Emotional Health and Healing During the Change

Northrup, Christiane (Author)

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Women's Health - Menopause; General

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Northrup (Women's Bodies, Women's Wisdom), cofounder of the Women to Women health-care center in Maine, offers a celebratory, "psychospiritual" approach in her comprehensive guide to menopausal health and well-being. Beginning on the premise that, though difficult, the "hormone-driven changes that affect the brain... give a woman a sharper eye for inequity... and a voice that insists on speaking up," Northrup details hormonal imbalances, mood swings, various illnesses, treatment options and all the other symptoms, side effects and decisions women face in midlife. Middle-aged herself, Northrup writes from experience and, more important, from her professional expertise as a physician who has treated many women and researched menopause. While much of the health-care material here is available in other sources, Northrup's approach a description of symptoms, followed by both traditional and alternative treatment options along with some anecdotes is particularly useful. Occasionally she veers off into New Age jargon, but she is a firm believer in the relevance of tangential influences on physical health, including emotional and financial well-being. The specific medical advice on sleep, diet, breast health and the empowerment motif will bring insight, comfort and confidence to women embarked on "the change." Agent, Ned Leavitt. (Apr. 3) Forecast: Northrup is a bestselling author widely held in the same esteem as Gary Null and Deepak Chopra. Among the competitive field of books on menopause, hers stands out for its whole-woman approach, which will make it attractive not only to her core readership but also as a hand-selling favorite among booksellers.

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