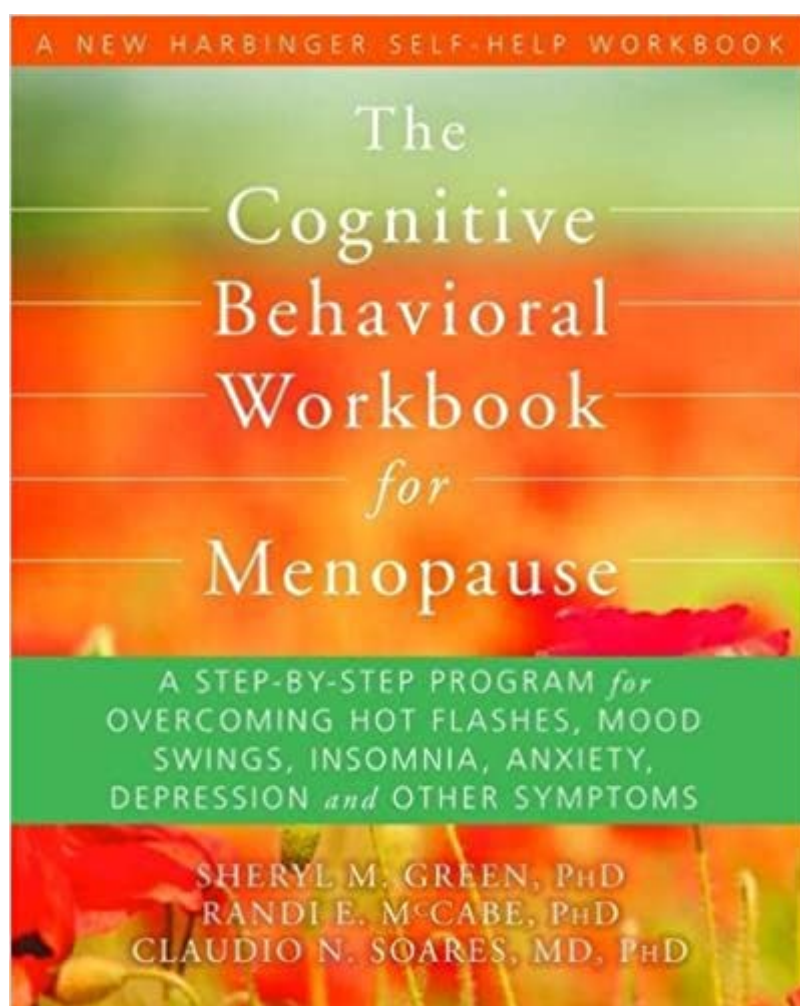


The book was found

The Cognitive Behavioral Workbook For Menopause: A Step-by-Step Program For Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, And Other Symptoms (New Harbinger Self-Help Workbook)





Synopsis

No woman experiences menopause in exactly the same way. Some may endure hot flashes, irritability, or mood swings, while others experience insomnia, anxiety, or even depression. And while you have probably heard about the benefits and drawbacks of hormone-replacement therapy (HRT), you should also know that cognitive-behavioral therapy (CBT) has been proven effective not only in treating the emotional symptoms of menopause, but the physical aspects as well. With this workbook, you will learn exactly what is happening to your body during this transition and create a personalized treatment plan to help you feel better right away. Also included are easy-to-use worksheets and charts so that you can track and manage your symptoms and determine which treatments are working. Whether you are looking for an alternative to HRT, or simply want to supplement your treatment, this workbook is an essential resource for gaining control over your menopause symptoms. This comprehensive program will help you: Recognize symptoms and create an individualized treatment plan Manage hot flashes, night sweats, and insomnia Cope with anxiety, depression, and mood swings Discover natural and alternative therapies Make diet, lifestyle, and environmental changes

Book Information

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Customer Reviews

“This group of experts is to be commended for writing such an accessible and timely guide to negotiating a challenging transitional period in women's lives. Melding state-of-the-art research findings with pragmatic clinical wisdom, this workbook teaches readers effective cognitive

behavioral strategies for regulating their moods and sustaining their engagement with meaningful life choices during menopause.â • —Zindel V. Segal, author of The Mindful Way through Depression “This book details crucial information for every woman nearing or experiencing menopause, providing the reader with basic knowledge of processes associated with this transitional period of life and guiding her to discovery of effective personalized symptom management and coping strategies. The content is excellent. The language is accessible. The strategies are evidence based and engaging. Positive outcomes await the reader.â • —Gordon J. G. Asmundson, PhD, RD, CACBT, professor of psychology and editor-in-chief of Cognitive Behaviour Therapy (cognbehavther.com)

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Wanted more CBT detail and needed latest science on menopause and options. Would be extra plus to list mp3 resources for CBT and menopause.

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