



I Want to Age Like That: Healthy Aging Through Midlife and Menopause

Diana Bitner

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Whether you are in menopause or just beginning to notice changes in your mood or waistline, this book holds a plan for you. Whatever your 'that' is, this book will help you define it, plan for it, and show you how to reach it. Whether your issues include hot flashes, decreased sex drive, night sweats or mood changes, there is 'intelligent aging' and there is 'getting older.' Aging is inevitable--how you age is up to you.

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