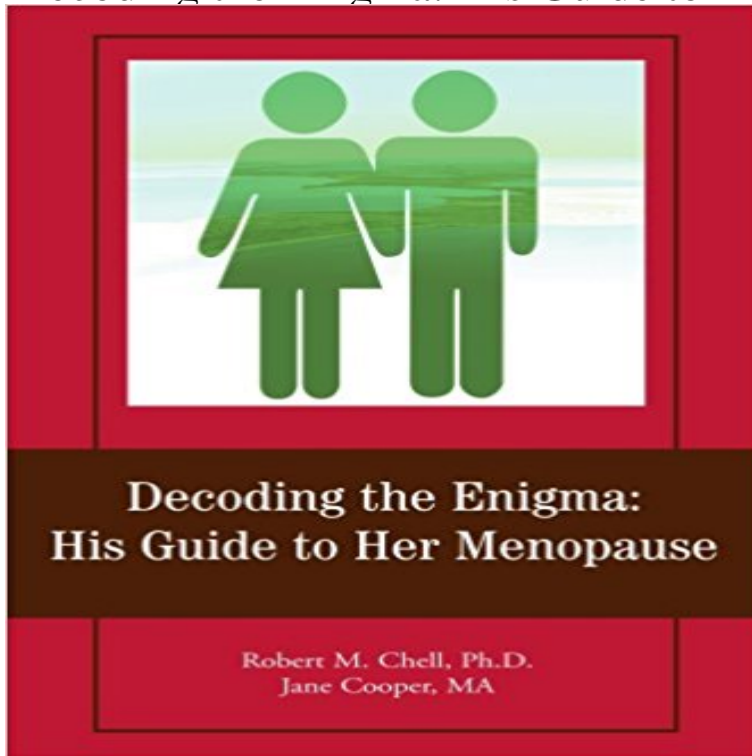


Decoding the Enigma: His Guide to Her Menopause



Finally-a strategic guide for men about menopause! When it comes to this confusing time in a woman's life, men around the globe continually ask the following questions: what is menopause, who is this menopausal woman, how long does this menopause thing last, and most importantly, what strategies can a male use to deal with these issues? Decoding the Enigma: His Guide to Her Menopause provides clear answers to these questions-and many more-from a nonmedical perspective by offering manageable approaches that can be implemented throughout the menopausal process. Psychologists Robert M. Chell, PhD, and Jane Cooper, MA, dispel commonly-held myths about menopause, including the myth that menopause begins during middle age. Many women in their mid-thirties begin the process known as perimenopause, the first phase of menopause. Therefore, menopause is not the sole dominion of the aging matron. Women experience menopause differently. There are some who are symptom-free and others who suffer a myriad of physiological and psychological reactions. Decoding the Enigma provides strategies for men that are specific to and consistent with the unique temperament and orientations of the women in their lives.

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