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## Book Reviews

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NAMS provides these menopause book reviews, listed in alphabetical order, for your further information. Inclusion on this list does not imply endorsement.

[\*Change Your Menopause: Why One Size Does Not Fit All\*](#)

Wulf Utian, MD, PhD, DSc(Med), FRCOG, FACOG, FICS

[\*The Cleveland Clinic Guide to Menopause\*](#)

Holly L. Thacker, MD

[\*Dr. Nieca Goldberg's Complete Guide to Women's Health\*](#)

Nieca Goldberg, MD, with Alice Greenwood, PhD

[\*The Dry Eye Remedy\*](#)

Robert Latkany, MD

[\*The Everything Health Guide to Menopause, 2nd Edition\*](#)

Kate Bracy Kalb, RN, MS, ARNP, and Kathryn Arendt, MD

[\*The Female Brain\*](#)

Louann Brizendine, MD

[\*Flying Up the Stairs: What You Need to Know About Menopausal Arthritis to Break Free!\*](#)

Phyllis Rickel-Wong

[\*Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain\*](#)

Deborah Coady, Nancy Fish

[\*Heart Smart for Black Women and Latinas\*](#)

Jennifer H. Mieres, MD, FAHA, Terri Ann Parnell, RN, MA, and Carol Turkington

[\*The Hormone Decision\*](#)

Tara Parker-Pope

[\*Hot and Bothered: Women, Medicine, and Menopause in Modern America\*](#)

Judith A. Houck

[\*Hot Flashes, Hormones, and Your Health\*](#)

JoAnn E. Manson, MD, with Shari A. Bassuk, ScD

[\*Is it hot in here? Or is it me? The Complete Guide to Menopause\*](#)

Barbara Kantrowitz and Pat Wingert Kelly

*Managing Menopause Beautifully: Physically, Emotionally, and Sexually*

Dona Caine-Francis, NP, CNS

*The Menopause Bible: The Complete Practical Guide to Managing your Menopause*

Robin N Phillips, MD

*Menopause: Everything You Need to Know*

Nicole Jaff

*Menopause: The Complete Guide*

Nicole Jaff

*Menopause for Dummies*

Marcia Jones, PhD, Theresa Eichenwald, MD, and Nancy W. Hall, M.S.

*Menopause In An Hour*

Tara Allmen, MD, FACOG, NCMP

*Menopause Matters: Your Guide to a Long and Healthy Life*

Julia Schlam Edelman, MD, FACOG

*Menopause with Science and Soul: A Guidebook for Navigating the Journey*

Judith Boice, ND, LAc

*The No-nonsense Guide to Menopause*

Barbara Seaman and Laura Eldridge

*Not Guilty By Reason of Menopause*

Leigh Anne Jasheway-Bryant

*Our Bodies Our Bones: Exercises & Other Strategies in Osteoporosis Prevention*

Developed and edited by Lila A. Wallis, MD, MACP

*Our Bodies, Ourselves: Menopause*

The Boston Women's Health Book Collective

*Overcoming Urinary Incontinence*

Michael H. Safir, MD, Clay N. Boyd, MD, and Tony E. Pinson, MD

*The Secret Pleasures of Menopause*

Christiane Northrup, MD

*Sex and the Seasoned Woman: Pursuing the Passionate Life*

Gail Sheehy

*The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age*

Mary J. Shomon

*Transitions Through the Perimenopausal Years: Demystifying the Journey*

Lissa Zala, BA, Andrea Swan, BScN, and Jerilynn Prior, MD

*What Nurses Know...Menopause: The Answers You Need from the People You Trust*

Karen Roush, RN, MSN, FNP, BC

*The Whole-Food Guide to Strong Bones: A Holistic Approach*

Annemarie Colbin, PhD

*A Woman's Guide to Menopause & Perimenopause*

Mary Jane Minkin, MD, and Carol V. Wright, PhD

*Women's Health: Your Body, Your Hormones, Your Choices*

Holly L. Thacker, MD

*Women's Herbs, Women's Health*

Christopher Hobbs, LAc, Kathi Keville, and Michael Amster, MD

*Younger Next Year for Women: Live Strong, Fit, and Sexy--Until You're 80 and Beyond*

Chris Crowley and Henry S. Lodge, MD