



# **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)**

*Sheryl M Green PhD, Randi E. McCabe PhD, Claudio N Soares MD PhD*

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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

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**Christopher Forney:**

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**Nona Smith:**

Typically the book 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) will bring someone to the new experience of reading a new book. The author style to spell out the idea is very unique. In the event you try to find new book to read, this book very suitable to you. The book 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) is much recommended to you you just read. You can also get the e-book from the official web site, so you can more readily to read the book.

**William Black:**

A lot of people always spent their free time to vacation as well as go to the outside with them family or their

friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent all day every day to reading a reserve. The book 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) it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book offers high quality.

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