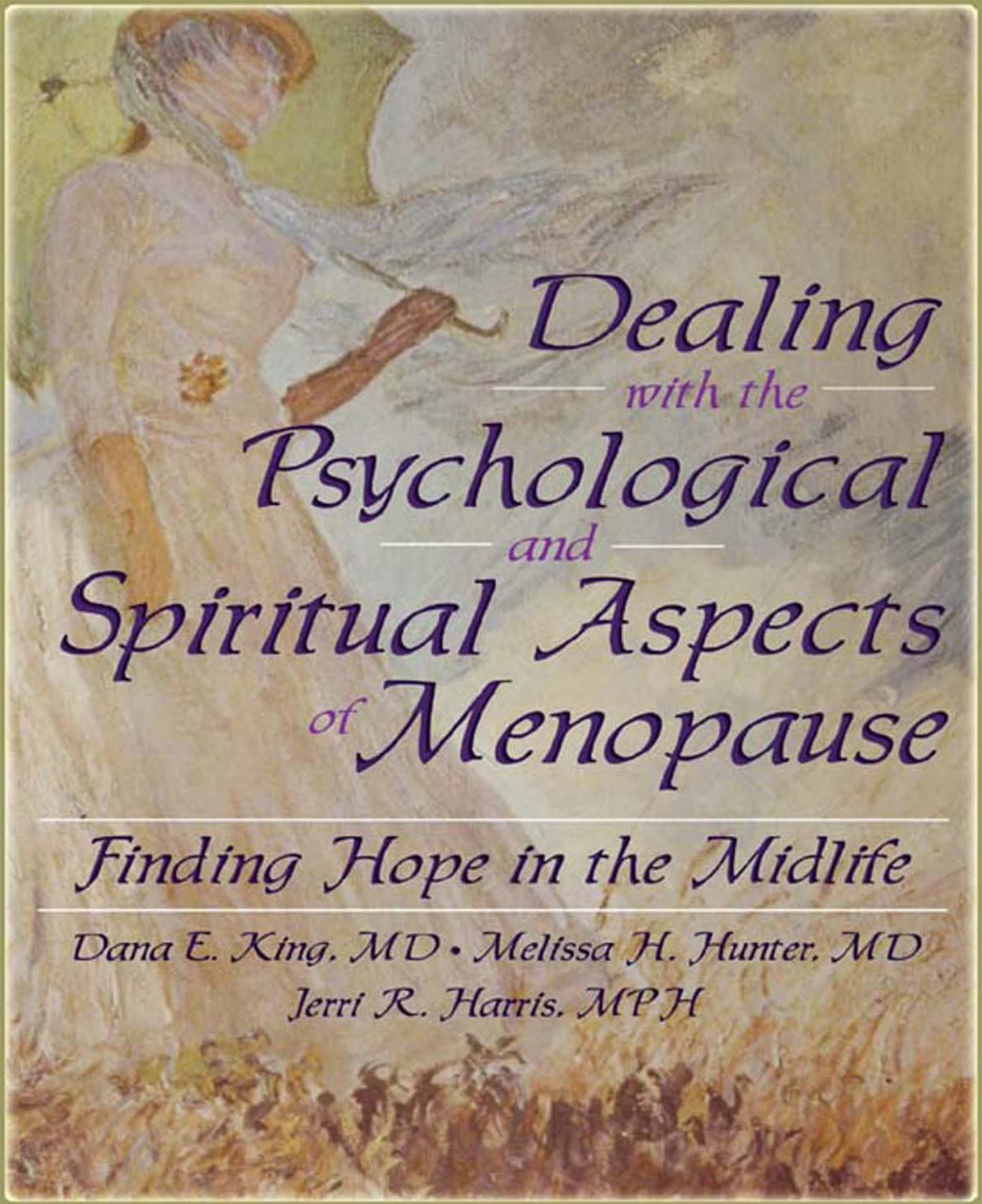

Dealing with the Psychological and Spiritual Aspects of Menopause

Finding Hope in the Midlife

Dana E. King, MD • Melissa H. Hunter, MD
Jerri R. Harris, MPH

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Finding Hope in the Midlife

Pre-publication REVIEWS, COMMENTARIES, EVALUATIONS . . .

"This book fills a missing niche in the menopause literature through its emphasis on the spiritual link of this life-changing transition in women's lives. When we look in our hearts and in the medical literature, we know that life passages, health events, and discomfort are all moments for seeking a larger vision of life—menopause is a combination of all three of those moments. The authors force us to examine this perspective and, in so doing, 'de'-medicalize menopause. I remember a patient telling me about his wife going through 'the great interchange of life,' and this book made me reflect on how the greatest interchange we can hope for is a connection to the spiritual. In that context, we, as women and health care providers, must provide 'soul care'—assistance and permission to women to allow them to care for themselves and their souls during this time. The authors provide many practical suggestions for such care as well as strong evidence for the influence of our American culture on 'symptoms.' This simply and clearly written book, with its combination of fact and hope, provides a wonderful opportunity for practitioners and patients to reconsider menopause and, in so doing, change the image of women's aging from remorse for the past to one of hope for the future."

Peggy J. Wagner, PhD
Associate Professor
and Director of Research,
Department of Family Medicine,
Medical College of Georgia

More pre-publication
REVIEWS, COMMENTARIES, EVALUATIONS . . .

"A practical, easy-to-read book that provides a refreshing look at menopause and midlife. The authors emphasize that menopause is, as with other life phases, a natural transition and embodies the whole of life experiences—an important concept for women, and those who care about them, to remember. The book separates fact from myth, makes recommendations, provides additional resources to access, and overall will enhance a woman's capacity to deal with this midlife transition that all women experience. Most important, the book takes a whole-person approach, dealing with the biopsychosocial and spiritual aspects of a woman's life. The end analysis of the authors and hopefully of those who read this book is that women who go through menopause are capable of positive growth and a new perspective on life. This book is designed to bring hope to women—'a hope that can sustain you through the challenges of midlife and beyond.'"

Ann C. Jobe, MD, MSN
Dean and Professor of Family Medicine,
Mercer University School of Medicine

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To Jane, who remained spiritually strong
in the face of adversity

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Authors' Note: The stories and scenarios in this book are true, but names and some details have been changed to protect the identities of the brave women who shared their personal lives in this book. We are grateful to them for their candor.