

Menopause

Everything you need to know

Nicole Jaff

DESCRIPTION

“...the simplest, most understandable, absolutely up-to-date and informative book on the menopause and women’s health that I have ever read.”

Elizabeth Barrett-Conor
Distinguished Professor of Family and Preventative Medicine,
University of California

Nicole Jaff is an international expert on menopause and she approaches the subject as a guide and support to women going through this time of life. Drawing on extensive research, consultation with numerous medical specialists and her experience as a menopause counsellor, she provides all the information women need to manage their health and well being during menopause.

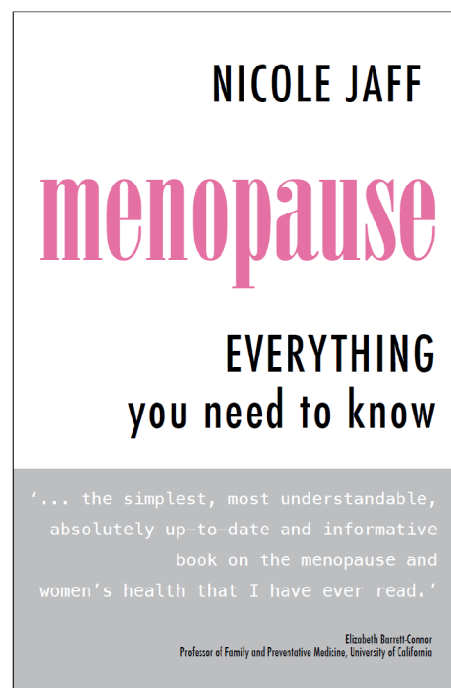
Sales points:

- Completely updated (previous editions published by Penguin)
- Author is an internationally recognised expert
- Author is a sought-after speaker
- Author has been a regular Women & Home columnist
- Essential reading for women between the ages of 40 and 60

ABOUT THE AUTHOR

Nicole Jaff is currently working on her PhD on menopause at the University of the Witwatersrand in the departments of Chemical Pathology and Endocrinology . She is a certified menopause practitioner with the North American Menopause Society.

She started her career in fashion and journalism, but changed mid-career when an unnecessary hysterectomy plunged her into early menopause and she became determined to help other women take responsibility for their health in similar situations. Jaff wrote her first book on menopause in 2005 and has been a sought after speaker on menopause and women’s health issues.



Publication	September 2011
ISBN	978-1-920434-20-5
Price	R220.00
Category	Health (Women)
Format	234 x 153 mm (C format)
Page extent	276 pp (Softcover)
Black & white	

A Bookstorm and Pan Macmillan co-publication

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