



# **The Wise Passage Menopause Guide: An Empowering Handbook Integrating Traditional & Alternative Approaches for a Thriving Transition**

*Janene Brenneman*

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***The Wise Passage Menopause Guide* is an empowering handbook that integrates traditional and alternative approaches for a thriving transition.**

The book offers a comprehensive, outline format resource to navigate menopause-related topics with ease: from the real truth about hormone therapy to symptom treatment, and the mind-body connection. With this groundbreaking guide, women will find tools to discover personalized symptom relief, prevent disease in midlife and promote a healthy lifestyle that will see them thriving through menopause and beyond.

The menopause transition is viewed as a very positive phase in midlife that points women to fulfill their purpose in life and leave a valuable legacy.

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