

Book List

Below is a list of books on Menopause and other relevant topics that are worth reading!

Links take you to Northport Public Library – save some money!!

[Fast like a girl : a woman's guide to using the healing power of fasting to burn fat, boost energy, and balance hormones](#) Dr. Mindy Pelz

[The menopause reset : get rid of your symptoms and feel like your younger self again](#) Dr. Mindy Pelz

[The new menopause : navigating your path through hormonal change with purpose, power, and facts](#) Mary Claire Haver, MD

[The menopause brain : new science empowers women to navigate the pivotal transition with knowledge and confidence](#) Lisa Mosconi, PhD

[Ancient healing for modern women : traditional Chinese medicine for all phases of a woman's life](#) Xiaolan Zhao with Kanae Kinoshita