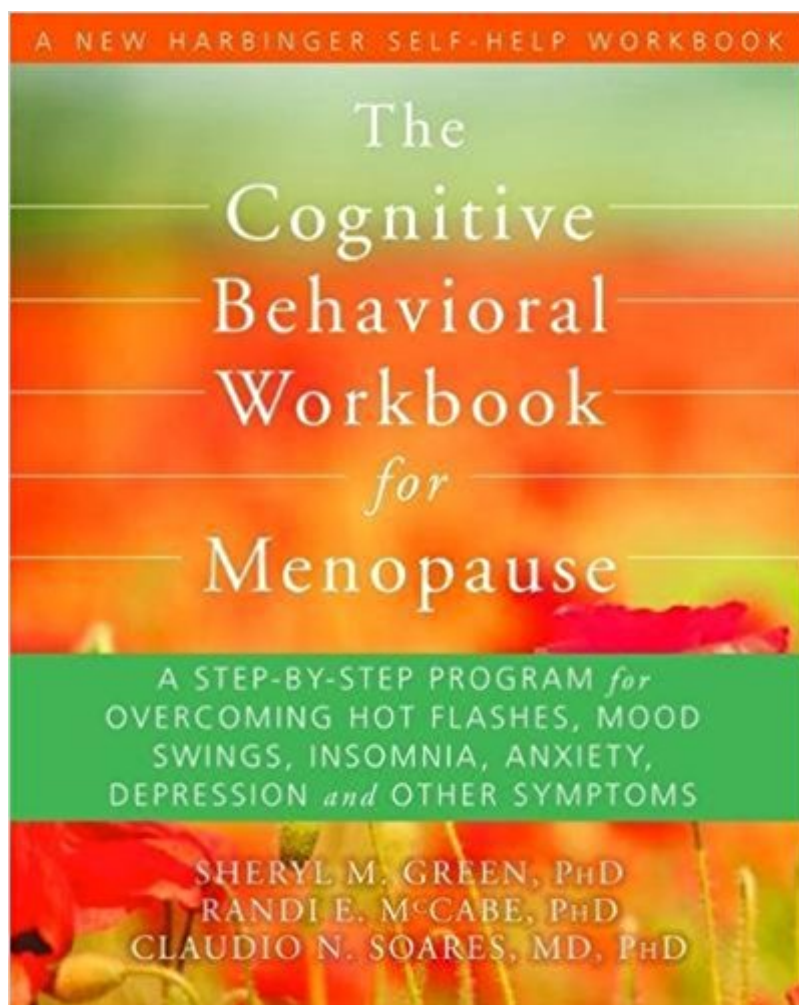


The book was found

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)





Synopsis

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

Book Information

Series: New Harbinger Self-Help Workbook

Paperback: 208 pages

Publisher: New Harbinger Publications; 1 Csm Wkb edition (November 1, 2012)

Language: English

ISBN-10: 1608821102

ISBN-13: 978-1608821105

Product Dimensions: 0.5 x 8 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 2.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,483,420 in Books (See Top 100 in Books) #88 in Books > Health, Fitness

& Dieting > Women's Health > Menopause #3240 in Books > Health, Fitness & Dieting > Aging

#3479 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

“This group of experts is to be commended for writing such an accessible and timely guide to negotiating a challenging transitional period in women's lives. Melding state-of-the-art research findings with pragmatic clinical wisdom, this workbook teaches readers effective cognitive

behavioral strategies for regulating their moods and sustaining their engagement with meaningful life choices during menopause.â • —Zindel V. Segal, author of *The Mindful Way through Depression* “This book details crucial information for every woman nearing or experiencing menopause, providing the reader with basic knowledge of processes associated with this transitional period of life and guiding her to discovery of effective personalized symptom management and coping strategies. The content is excellent. The language is accessible. The strategies are evidence based and engaging. Positive outcomes await the reader.â • —Gordon J. G. Asmundson, PhD, RD, CACBT, professor of psychology and editor-in-chief of *Cognitive Behaviour Therapy* (cognbehavther.com)

Sheryl M. Green, PhD, is a clinical health psychologist within the Womenâ™s Health Concerns Clinic and Consultation Liaison service at St. Josephâ™s Healthcare Hamilton in Ontario, Canada. She is also assistant professor in the department of psychiatry and Behavioural Neurosciences at McMaster University in Ontario, Canada. Â Randi E. McCabe, PhD, is psychologist-in-chief and director of the Anxiety Treatment and Research Centre at St. Josephâ™s Healthcare Hamilton. She is also associate professor in the department of psychiatry and behavioural neurosciences at McMaster University in Ontario, Canada. Â Claudio N. Soares, MD, PhD, is a psychiatrist and director of the Womenâ™s Health Concerns Clinic at St. Josephâ™s Healthcare Hamilton. He is also the academic head of the mood and anxiety disorders division and professor within the departments of psychiatry and behavioural neurosciences and obstetrics and gynecology at McMaster University in Ontario, Canada.

Wanted more CBT detail and needed latest science on menopause and options. Would be extra plus to list mp3 resources for CBT and menopause.

[Download to continue reading...](#)

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) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present

Moment, Be Happy Book 1) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain (New Harbinger Self-Help Workbook) Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) The Mild Traumatic Brain Injury Workbook: Your Program for Regaining Cognitive Function and Overcoming Emotional Pain (New Harbinger Self-Help Workbook) The Natural Menopause Solution: Expert Advice for Melting Stubborn Midlife Pounds, Reducing Hot Flashes, and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness (A New Harbinger Self-Help Workbook) Cognitive Behavioral Therapy: A Psychologist's Guide to Overcome Anxiety, Depression, & Negative Thought Patterns: Psychology Self-Help, Book 5 Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT (A New Harbinger Self-Help Workbook) The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

