



The Pause (Revised Edition): The Landmark Guide

Lonnie Barbach

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Since its original publication in 1993, **The Pause** has become known as the authoritative guide to menopause--a previously overlooked topic of great importance to women. The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author **Lonnie Barbach** to completely revise and update this groundbreaking classic. Important additions include eight entirely new sections on topics such as SERMs (selective estrogen receptor modulators), phytoestrogens, and the impact of menopause on the female immune system. This additional research is combined with new information about menopause and mood, weight gain during menopausal transition, breast cancer survivors taking estrogen, the positive effect of estrogen on dementia and Alzheimer's, and new alternatives to traditional HRT (hormone replacement therapy) for managing hot flashes, improving bone density, and assisting breast cancer survivors. All together, the latest edition of **The Pause** is a must-have resource for any woman facing the "next third" of her life.



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