



Women's *Mid-Life* Health Centre  
of Saskatchewan

227-230 Avenue R South

Saskatoon, SK S7M 2Z1

P 306-978-3888

F 306-978-7801

info@menopausecentre.org

www.menopausecentre.org

### **Anxiety and Depression**

10 Simple Solutions to Panic: How to overcome panic attacks, calm physical symptoms and reclaim your life, by Martin Antony and Randi McCabe, 2004

When Panic Attacks: the new, drug free anxiety therapy that can change your life, by David D. Burns, 2007

The Anxiety and Phobia Workbook, 4th Edition, by Edmund J. Bourne, 2005

How to Stop Worrying and Start Living, by Dale Carnegie, first written in 1944 re-released in 1984

Women Who Worry Too Much, by Holly Hazlett-Stevens Ph.D., 2005

### **Early Menopause Resources**

Menopause Before 40: Coping with Premature Ovarian Failure by Karin Banerd, 2004 (Canadian author)

Faces of POF: Learning and Living with Premature Ovarian Failure by POF Support Group

*We were not able to find many books on early menopause but did find some very good web resources.*

### **Websites**

Early Menopause Guidebook, 2006, from the North American Menopause Society  
www.menopause.org.edumaterials/earlyguidebook.aspx  
(Also available from the Women's Mid-Life Health Centre for Saskatchewan 306-978-3888 for \$10.00)

International Premature Ovarian Failure Association:  
www.pofsupport.org

The Daisy Network:  
www.daisynetwork.org.uk

The Jean Hailes Foundation:  
www.jeanhailes.org.au

### **General Menopause Books**

Menopause Guidebook, 6th Edition by The North American Menopause Society, 2006

The New Truth About Menopause: Straight Talk About Treatments and Choices from Two Leading Women Doctors by Carol Landau, Michele Cyr, 2003

Is it hot in here? Or is it me? The Complete Guide to Menopause by Pat Wingert and Barbara Kantrowitz, 2006

The Wisdom of Menopause by Dr. Christiane Northrup, 2003

Mind Over Menopause by L.Kagan, B.Kessel, H.Benson, 2004

Dr. Susan Love's Menopause and Hormone Book, 2003

The Hormone Survival Guide for Perimenopause by Nisha Jackson, Ph.D. 2004

Understanding Menopause by Janine O'Leary Cobb, 2005

Exercise and Nutrition Strong Women Stay Young by Miriam E. Nelson, 2000

Strong Women, Strong Bones by Miriam E. Nelson, 2000

Body for Life for Women by Pamela Peeke, M.D.

The Complete Nutrition Guide to Menopause, Natural Strategies to Manage Symptoms, Control Weight, and Stay Healthy by Leslie Beck, 2007

**Foods that Fight Disease: A Nutrition Guide to Staying Healthy for Life**, by Leslie Beck, RD, 2008

Foods that Fight Cancer: Preventing Cancer through Diet, by Richard Beliveau, Ph.D. and Dennis Gingras, Ph.D., 2005



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## Sleep

No More Sleepless Nights by Peter Hauri

Say Good Night to Insomnia: the 6 Week Solution by Gregg D. Jacobs

A Woman's Guide to Sleep Disorders by Meir Kryger, M.D.

Healthy Relationships The Seven Principles that Make Marriage Work, by John Gottman and Nan Silver, 2000

The Four Agreements, by don Miguel Ruiz, 1997

The Five Love Languages, How to Express Heartfelt Commitment to Your Mate, by Gary Chapman, 2004

Loving Me, Loving You, Balancing Love and Power in a Codependent World, by Brenda Schaeffer, 1991

The Dance of Intimacy, A Woman's Guide to Courageous Acts of Change in Key Relationships, by Harriet Goldhor Lerner, 1989

Why Mars and Venus Collide, by John Gray, 2008

## Memory

Total Memory Workout: 8 Easy Steps to Maximize Memory Fitness by Cynthia R. Green Ph.D 1999, Mount Sinai School of Medicine

Improving Your Memory: how to remember what you're starting to forget by Janet Folger and Lynn Stern, 2005, John Hopkins University Press

Brain Fitness: Anti-Aging Strategies for Achieving super mind power by Robert Goldman, MD 1999

## Sexuality

**For Yourself: Fulfillment of Female Sexuality**, by Lonnie Barbach, Ph.D., 2000.

For Each Other: Sharing Sexual Intimacy, by Lonnie Barbach, Ph.D., 2001.

For Women Only, a Revolutionary Guide to Reclaiming your Sex Life, by Dr. Laura Berman and Dr. Jennifer Berman, 2005

Secrets of the Sexually Satisfied Woman: Ten Keys to Unlocking Ultimate Pleasure, by Dr. Laura Berman and Dr. Jennifer Berman, 2006

Real Sex for Real Women: Intimacy, Pleasure and Sexual Wellbeing, by Dr. Laura Berman, 2009

Resurrecting Sex: Solving Sexual Problems & Revolutionizing Your Relationship, David Schinarch, Ph.D., 2002

Menopartners: The Guys' Guide to Surviving Menopause, Christopher W. Pritchard, 2003

The Dance of Intimacy: A Woman's Guide to Courageous Acts of Change in Key Relationships, Harriet Lerner, PhD, 1990

The New Love and Sex after 60, Robert N. Butler M.D. and Myrna I. Lewis, Ph.D., 2002

The Seven Principles for Making Marriage Work: A Practical Guide, John Gottman, 2002

## Bladder Control

I Laughed so Hard I Peed My Pants! A Woman's Essential Guide for Improved Bladder Control, Kelli Berzuk, Physiotherapist, 2002

"The time to read is any time: no apparatus, no appointment of time and place, is necessary. It is the only art which can be practised at any hour of the day or night, whenever the time and inclination comes, that is your time for reading; in joy or sorrow, health or illness".

Holbrook Jackson