



# Woman Vs. Men-O-Pause Part 1: Attitude

*Robin Hebert*

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## **Woman Vs. Men-O-Pause Part 1: Attitude** Robin Hebert

The Saga of One Woman's Fight to Overcome The Symptoms, The Suffering and the Stereotypes that are Associated with the Change of Life or Menopause. Though it is a work in progress, the reader will benefit from various helps and discoveries such as nutrition, life choices and resources to help you stay sane during this time of transition. Booklet No. 1 covers Attitude and what is the best way to approach this season in one's life.

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