



# The Secret Pleasures of Menopause

*Christiane Northrup*

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## **The Secret Pleasures of Menopause** Christiane Northrup

The Secret Pleasures of Menopause is a groundbreaking book that is long overdue! Christiane Northrup, M.D., delivers a breakthrough message that will help millions and millions of perimenopausal and menopausal women just like you understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams! Dr. Northrup believes that it's time for you to step forward and learn to enjoy the best years of your life! Even though studies show that menopause doesn't decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of menopausal women aren't experiencing the pleasure and sexual satisfaction that is their birthright. It is a long-held misconception that menopause signals "the beginning of the end," and nothing could be further from the truth. In this fascinating book, Dr. Northrup candidly guides you toward experiencing life after 50 as the most pleasurable time of your life!

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