

Me & Ms Menopause



Jenni Townsend

Me Ms Menopause Jenni Townsend

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Me Ms Menopause Jenni Townsend:

Me and MS Menopause Jenni Townsend, 2015-12-15 When Jenni Townsend knew she was getting closer to the average age of menopause she started to organise a party to celebrate its arrival Yoo Hoo she chortled I m fifty and free from that natural part of my life When Ms Menopause knocked at her door what Jenni actually encountered was everything but a celebration The invitations to her party are still collecting cobwebs and dust as they still linger to be handed out Why in the 21st Century is Ms Menopause still being allowed to bully and dissolve women through the next natural part of their lives to the point of disappearance Not only does Ms Menopause bully the menopausal woman she affects family loved ones and finances She will chew away at hormones and the essence of a woman until she becomes a shadow of who she was Why does the medical community see fit to toss HRT and other synthetic medications at the menopausal woman when the Medical Community is fully aware they create dangerous side effects and cause illnesses to the women who are given them as options Why isn t the medical community giving the menopausal woman all the options in a transparent manner including BHRT Bio identical hormone replacement As an intelligent woman she can then make informed choices Join Jenni as she enters menopause this next natural stage of her life with a gigantic bag of ignorance and finds herself having to stand firmly against the medical world and society s flippant attitude towards the menopausal woman Walk with Jenni on her harrowing quest to ensure every menopausal woman has the truth and knowledge in hand and that every menopausal woman is treated safely and with respect This book is for everyone About the Author Jenni Townsend is a fifty five year old Aussie born in Marrickville Australia who sees herself as an everyday woman In a rush to earn her first fistful of dollars Jenni started her working life at aged fifteen part time after school weekends and school holidays She marched into fulltime work in 1980 at aged nineteen The gypsy in her blood and her love of Australia led her to travel work and play in Sydney Melbourne and Perth In her twenties Jenni loved being part of the 80s travelling to Tasmania New Zealand and having a two week cruise to Vila Noumea and many other beautiful islands At thirty one with the birth of daughter Jenni s greatest and happiest achievement she and her tribe settled in Brisbane Australia Family has always been Jenni s first priority At thirty four Jenni suddenly and unexpectedly lost her mum Less than ten years later she cared for and lost her sister to leukaemia And then only two years later also cared for her dad as he battled and succumbed to bowel cancer Throughout these times of great grief and loss Jenni dealt with each heartache in a calm loving and compassionate way With her indomitable spirit she always got back up dusted herself off and continued to take life head on Her untameable humour also helped enormously with these challenges of life Jenni considers that she s always grown well into her ages and is now well settled in Brisbane the city she now calls home She looks forward to her years ahead hoping to live her life healthily happily and disgracefully Who's Who in the South and Southwest, 1984-1985 Marquis Who's Who, LLC, 1984 Who's who in the South and Southwest, 1984 Includes names from the States of Alabama Arkansas the District of Columbia Florida Georgia Kentucky Louisiana

Mississippi North Carolina Oklahoma South Carolina Tennessee Texas and Virginia and Puerto Rico and the Virgin Islands
Books Ireland ,1998 *Forthcoming Books* Rose Arny,2003-12 **Is it Me, Or is it Hot in Here?** Jenni Murray,2003
This is an authoritative yet light hearted guide for women nearing or experiencing the menopause featuring case studies It covers what happens to both body and mind how people react socially diet and exercise and personal appearance Mass market edition **Older and Wider** Jenny Eclair,2020-07-02 THE SUNDAY TIMES BESTSELLER June 2020 A hilarious and heartfelt A Z of getting through the menopause from comedian and national treasure Jenny Eclair If you re after an in depth medical or psychological insight into the menopause I m afraid you ve opened the wrong book I m not a doctor However I am a woman and I do know how it feels to be menopausal so this book is written from experience and the heart and I hope it makes you laugh and feel better From C for Carb loading and G for Getting Your Shit Together to I for Invisibility and V for Vaginas Jenny s whistle stop tour of the menopause in all its glory will make you realise that it really isn t just you Jenny shares the surprising lessons she has learnt along the way as well as her hard won tips on everything from dealing with an empty nest get a lodger to keeping the lid on the pressure cooker of your temper count to twenty ten is never enough I can t say that I ve emerged like a beautiful butterfly from some hideous old menopausal chrysalis and it would be a lie to say that I ve found the old me again But what I have found is the new me and you know what I m completely cool with that **Is It Me Or Is It Hot in Here?** Jenni Murray,Joan Murray,Jenni,2006 This is an authoritative yet light hearted guide for women nearing or experiencing the menopause featuring case studies It covers what happens to both body and mind how people react socially diet and exercise and personal appearance

Me Ms Menopause Jenni Townsend Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Me Ms Menopause Jenni Townsend**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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