

## MENOPAUSE SELF-CARE CHECKLIST: HOW TO STAY SANE

- ✓ Do your research
- ✓ Eat healthily
- ✓ Stay in shape
- ✓ Stress management
- ✓ Keep cool
- ✓ Make sleep a priority
- ✓ Engage in some common rituals
- ✓ Say yes to helping hands
- ✓ Drink water



# Menopause Self Help

**Michael Brown**



## **Menopause Self Help:**

Immerse yourself in the artistry of words with Experience Art with its expressive creation, Immerse Yourself in **Menopause Self Help** . This ebook, presented in a PDF format ( Download in PDF: \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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