



# Dealing With The Psychological And Spiritual Aspects Of Menopause: Finding Hope In The Midlife

*Dana E King, Melissa Hunter, Jerri Harris, Harold G Koenig*

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## **Dealing With The Psychological And Spiritual Aspects Of Menopause: Finding Hope In The Midlife**

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Turn menopause and midlife into a positive experience

Dealing with the Psychological and Spiritual Aspects of Menopause examines the emotional toll of menopause, offering help for the worry, anxiety, stress, and depression women can face during the midlife years. Instead of focusing on estrogen, hormones, and osteoporosis, the book shares up-to-date research findings on the link between spiritual and emotional health. Women from different backgrounds and spiritual traditions will find hope in the healing power of the mind/body/spirit connection as they gain a healthy perspective of the changes taking place and restore balance to their lives.

Dealing with the Psychological and Spiritual Aspects of Menopause goes beyond the traditional medical approach to examine ways women can make peace with the changes they face at midlife. This unique book informs, empowers, and enlightens women about the opportunities for personal and spiritual growth during menopause, offering strategies for exercise, meditation, prayer, and counseling. The authors offer a new perspective on menopause that offers hope in the face of the stress, worry, hot flashes, and often-overwhelming responsibilities women face at the midlife. This book demonstrates that women can do more than just “make it through” menopause. The authors show that menopause can become a positive experience for women as they discover new avenues for finding peace and hope to sustain them through the challenges of mid-life—and beyond. Dealing with the Psychological and Spiritual Aspects of Menopause examines alternative aspects of menopause, including:

- dealing with emotional loss on top of physical and psychological changes
- moods, attitudes, and depression
- the benefits of counseling and group support
- exercise as a treatment for anxiety and depression
- the work experience
- spiritual issues
- special challenges of the perimenopausal period
- and much more!

Dealing with the Psychological and Spiritual Aspects of Menopause is a vital resource for physicians, counselors, therapists, and psychologists, and especially for the women they treat.

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