

North American Menopause Society Book Reviews



We are pleased to provide the following reviews of popular books for those who are interested in reading more than the materials developed by The North American Menopause Society (NAMS).

NAMS fully supports empowering women with current, accurate information regarding the passage through menopause and beyond so they are better able to make informed decisions about their health. In the past few years, the number of books about menopause has increased substantially, with hundreds of publications now available. Unfortunately, not all titles present accurate information.

NAMS, therefore, has begun to provide book reviews here on the NAMS Web site and in each issue of its popular e-newsletter, [Menopause Flashes](#). The following reviews are listed in alphabetical order. Please note that inclusion on this list does not imply that NAMS endorses the information and treatments discussed in these publications.

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Book Review List

[*100 Questions & Answers About Menopause*](#)

Ivy M. Alexander, PhD, and Karla A. Knight, RN
Sudbury, MA: Jones and Bartlett Publisher; 2005
-- Reviewed November 2006

[*A Woman's Guide to Menopause & Perimenopause*](#)

Mary Jane Minkin, MD, and Carol V. Wright, PhD
New Haven, CT: Yale University Press; 2005
-- Reviewed May 2007

[*Action Plan for Menopause: Your Guide to a Healthy, Vibrant Transition*](#)

Barbara Bushman, PhD, and Janice Clark Young, EdD
Champaign, IL: Human Kinetics; 2005
-- Reviewed July 2006

[*Ageless: The Naked Truth About Bioidentical Hormones*](#)

Suzanne Somers
New York, NY: Crown; 2006
-- Reviewed December 2006

[*Beautiful Bones Without Hormones*](#)

Leon Root, MD
New York, NY: Gotham Books; 2005
-- Reviewed October 2006

[*The Dry Eye Remedy*](#)

Robert Latkany, MD

Long Island City, NY: Hatherleigh Press; 2007

-- Reviewed December 2007

[*The Everything Health Guide to Menopause, 2nd Edition*](#)

Kate Bracy Kalb, RN, MS, ARNP, and Kathryn Arendt, MD

Cincinnati, OH; Adams Media; 2007

-- Reviewed January 2008

[*The Female Brain*](#)

Louann Brizendine, MD

New York: Broadway Books; 2006

-- Reviewed March 2008

[*Heart Smart for Black Women and Latinas*](#)

Jennifer H. Mieres, MD, FAHA, Terri Ann Parnell, RN, MA, and Carol Turkington

New York: St. Martin's Griffin; 2008

-- Reviewed July 2008

[*The Hormone Decision*](#)

Tara Parker-Pope

Emmaus, PA: Rodale Books; 2007

-- Reviewed March 2007

[*Hot and Bothered: Women, Medicine, and Menopause in Modern America*](#)

Judith A. Houck

Cambridge, MA: Harvard University Press; 2006

-- Reviewed September 2008

[*Hot Flashes, Hormones, and Your Health*](#)

JoAnn E. Manson, MD, with Shari A. Bassuk, ScD

New York, NY: McGraw-Hill; 2006

-- Reviewed February 2007

[*Is it hot in here? Or is it me? The Complete Guide to Menopause*](#)

Barbara Kantrowitz and Pat Wingert Kelly

New York, NY: Workman Publishing; 2006

-- Reviewed April 2007

[*The Menopause Bible: The Complete Practical Guide to Managing your Menopause*](#)

Robin N Phillips, MD

Buffalo, NY: Firefly Books; 2005

-- Reviewed June 2007

[*Menopause for Dummies*](#)

Marcia Jones, PhD, Theresa Eichenwald, MD, and Nancy W. Hall, M.S.

Hoboken, NJ: Wiley Publishing, Inc; 2007

-- Reviewed February 2008

[*Menopause with Science and Soul: A Guidebook for Navigating the Journey*](#)

Judith Boice, ND, LAc

Berkeley, CA: Celestial Arts; 2007

-- Reviewed May 2008

[*Our Bodies Our Bones: Exercises & Other Strategies in Osteoporosis Prevention*](#)

Developed and edited by Lila A. Wallis, MD, MACP

New York, NY: National Council on Women's Health; 2005

-- Reviewed July 2007

[*Our Bodies, Ourselves: Menopause*](#)

The Boston Women's Health Book Collective

New York, NY: Touchstone Books; 2006

-- Reviewed August 2007

[*Outwitting Osteoporosis: The Smart Woman's Guide to Bone Health*](#)

Ronda Gates, MS, and Beverly Whipple, PhD

Hillsboro, OR: Beyond Words Publishing; 2006

-- Reviewed June 2006

[*Overcoming Urinary Incontinence*](#)

Michael H. Safir, MD, Clay N. Boyd, MD, and Tony E. Pinson, MD

Omaha, NE: Addicus Books; 2008

-- Reviewed August 2008

[*Sex and the Seasoned Woman: Pursuing the Passionate Life*](#)

Gail Sheehy

New York, NY: Random House; 2006

-- Reviewed January 2007

[*The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age*](#)

Mary J. Shomon

New York, NY: Collins; 2006

-- Reviewed October 2007

[*Transitions Through the Perimenopausal Years: Demystifying the Journey*](#)

Lissa Zala, BA, Andrea Swan, BScN, and Jerilynn Prior, MD

Victoria, Canada: Trafford Publishing; 2005

-- Reviewed September 2007

[*Understanding Menopause*](#)

Janine O'Leary Cobb

Toronto, ON, Canada: Key Porter Books; 2005

-- Reviewed August 2006

[*Women's Health: Your Body, Your Hormones, Your Choices*](#)

Holly L. Thacker, MD

Cleveland, OH: Cleveland Clinic Press; 2007

-- Reviewed November 2007

Women's Herbs, Women's Health

Christopher Hobbs, LAc, Kathi Keville, and Michael Amster, MD

Summertown, TN: Botanica Press; 2007

-- Reviewed April 2008

Younger Next Year for Women: Live Strong, Fit, and Sexy--Until You're 80 and Beyond

Chris Crowley and Henry S. Lodge, MD

New York: Workman Publishing, 2007

-- Reviewed June 2008