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En La sabiduría de la menopausia, la doctora Northrup vuelve a desafiar los convencionalismos, como ya hizo en su aclamada obra *Cuerpo de mujer, sabiduría*

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de mujer, que le valió un reconocimiento internacional. en su nuevo trabajo sobre este periodo de tr

Dr. Christiane Northrup's #1 New York Times bestseller The Wisdom of Menopause has inspired more than a million women with a dramatically new

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vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from

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the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes:

- a new section on sex after 50—and how, if

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need be, you can rejuvenate your sex life;
□ updated mammogram guidelines□and
how thermography improves breast health;
□ the latest on the glycemic index, optimal
blood sugar levels, and ways to prevent
diabetes; □ dietary guidelines revealing
that hidden sugar□not dietary fat□is the
main culprit in heart disease, cancer, and

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obesity; □ all you need to know about perimenopause and why it's critical to your well-being; □ a vital program for ensuring pelvic health during and after menopause; □ strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make

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menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

El Oriente se une al Occidente cuando el Dr. Sha, destacado sanador y autor de # bestseller del New York Times, enseña a

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Los lectores una nueva y radical forma de sanar mediante la meditación y la comunicación con el alma. Este libro introductorio de la serie Soul Power eleva la medicina integral a un plano completamente nuevo y excitante, que va mucho más allá del concepto de "la mente sobre la materia" y enfatiza, en cambio, el

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del [alma sobre la materia]. Sabiduría del alma es un presente divino que trae el Dr. Sha, la sabiduría de un poder superior canalizada a través de una guía práctica para quienes estén interesados en abrir sus almas para sanar sus mentes y sus cuerpos.

The Secret Pleasures of Menopause is a

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groundbreaking book that is long overdue!
Dr. Northrup believes that it's about time
menopausal women came out of the closet
and learned to enjoy the best years of their
lives! Even though studies show that
menopause does not decrease libido, ease
of reaching orgasm, or sexual satisfaction,
the majority of menopausal women are not

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Experiencing the pleasure and sexual satisfaction that is their birthright.

Christiane Northrup, M.D., delivers this breakthrough message that will help millions and millions of perimenopausal and menopausal women throughout the world understand that at menopause . . . life has just begun! It is the beginning of a

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very exciting and fulfilling time, full of pleasure beyond your wildest dreams!

In order to walk in the truth and avoid being deceived by the worldly philosophies and satanic attacks, we must try the spirits, according to the mandate of 1 John 4:1, to see if they are of God. Many

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believers are aware of this command but do not know how to try the spirits. Where do they begin? If you are one of these people, do not fret. This book can help! Mary Garrison has compiled a guide to the principal evil spirits at work in our world today, so that you can identify them remove them from your life and the lives

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of others. In this book, you will learn
The biblical names of the principal evil spirits
The fruits of these spirits
The tactics they use in the lives of believers
Scriptural methods of overcoming them
How to live in victory over the evil one
Do not be deceived any longer. Learn how to try the spirits and walk in the victory Christ has

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Edicion purchased for you on the cross. You were made to walk in the truth, and that truth will set you free!

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty □ for years as his Alpha father's enforcer, he

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has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week:

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leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at

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disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life — something like Evie — but to move forward in the light, he must first reconcile with the dark.

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3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Published in collaboration with the American College of Obstetrics and Gynecology, this highly respected resource provides the foundational knowledge medical students

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need to complete an Ob/Gyn rotation, pass national standardized exams, and competently care for women in clinical practice. Fully compliant with the College's guidelines, treatment recommendations, and committee opinions, the text also aligns with the Association of Professors of Gynecology

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and Obstetrics' educational objectives,
upon which most clerkship evaluations
and final exams are based.

Translated by Gregory Rabassa, winner of
the National Book Award for Translation,
1967 Horacio Oliveira is an Argentinian
writer who lives in Paris with his mistress,

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La Maga, surrounded by a loose-knit circle of bohemian friends who call themselves "the Club." A child's death and La Maga's disappearance put an end to his life of empty pleasures and intellectual acrobatics, and prompt Oliveira to return to Buenos Aires, where he works by turns as a salesman, a keeper of a circus cat

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which can truly count, and an attendant in an insane asylum. Hopscotch is the dazzling, freewheeling account of Oliveira's astonishing adventures.

THE NEW YORK TIMES

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BESTSELLER! Though we talk about wanting to "age gracefully," the truth is that when it comes to getting older, we're programmed to dread an inevitable decline: in our health, our looks, our sexual relationships, even the pleasure we take in living life. But as Christiane Northrup, M.D., shows us in this

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profoundly empowering book, we have it in us to make growing older an entirely different experience, both for our bodies and for our souls. In chapters that blend personal stories and practical exercises with the latest research on health and aging, Dr. Northrup lays out the principles of ageless living, from rejecting processed

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foods to releasing stuck emotions, from embracing our sensuality to connecting deeply with our Divine Source. Explaining that the state of our health is dictated far more by our beliefs than by our biology, she works to shift our perceptions about getting older and show us what we are entitled to expect from our later years--no

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matter what our culture tries to teach us to the contrary--including: · Vibrant good health · A fulfilling sex life · The capacity to love without losing ourselves · The ability to move our bodies with ease and pleasure · Clarity and authenticity in all our relationships--especially the one we have with ourselves "Taking all the right

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Supplements and pills, or getting the right procedure done, isn't the prescription for anti-aging," Dr. Northrup explains.

"Agelessness is all about vitality, the creative force that gives birth to new life." Goddesses Never Age is filled with tools and inspiration for bringing vitality and vibrancy into your own ageless years--and

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it all comes together in Dr. Northrup's
14-day Ageless Goddess Program, your
personal prescription for creating a
healthful, soulful, joyful new way of being
at any stage of life.

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