

Download The Midlife Bible A Womans Survival Guide

The Midlife Bible is an invaluable, accessible little gem-truly a complete survival guide. The Midlife Bible helps women not only survive but thrive throughout their perimenopausal and menopausal years. The Midlife Bible – A Woman’s Survival Guide All New 2nd Edition. By Michael Goodman, M.D. Originally published in 2004 and newly updated for 2007, this very useful and eminently readable edition comes from the insight and knowledge of a communicator with 35 years experience in the practice in obstetrics, gynecology and perimenopausal medicine. Find helpful customer reviews and review ratings for The Midlife Bible: A Woman's Survival Guide at Amazon.com. Read honest and unbiased product reviews from our users. His compatible books, The Midlife Bible: A Woman’s Survival Guide and MEN-opause: The Book for MEN are the culmination of his 35 years of experience in the practice of obstetrics, gynecology, and perimenopausal medicine, incorporating his knowledge of both “Western Medicine” and alternative approaches. He practices medicine in Davis, California.