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The Silent Passage: Revised and Updated Edition

By: Gail Sheehy

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Gail Sheehy's landmark bestseller has become the bible for women concerned about menopause. Since The Silent Passage was originally published in the early 1990s, Gail Sheehy, a member of the board of the New York Menopause Research Foundation, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout the country on the subject. In this updated and expanded edition, she presents essential new data in chapters on The Perimenopause Panic, Menopause in the Workplace, Estrogen and Brainpower, and New Frontiers in Treatment. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, The Silent Passage is an indispensable reference for every woman.

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