



Think Again!: Clearing Away the Brain Fog of Menopause (Paperback)

By Jeanne D Andrus

Morgan James Publishing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. When the changes of menopause start happening, it seems that our ability to concentrate, complete tasks, and remember simple, little, everyday things (like our own names) goes out the window. It can feel like you re losing your mind (or at least your glasses)! In Think Again!, Jeanne Andrus tackles brain fog - a term she uses for the symptoms of menopause that affect the way you think. She covers why they happen, what they feel like, and how to tell when these might be symptoms of a more serious issue. More importantly, she covers how you can cope with these changes in your daily life, including how you can optimize your approach to brain health to make sure you can think again for the rest of your life.



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