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Menopause and the Mind : The Complete Guide to Coping with the Cognitive Effects of Perimenopause and Menopause - Including Memory Loss, Foggy Thinking and Verbal Slips

By Claire L. Warga Ph.D.



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Are you between the ages of 35 and 60 and having trouble remembering your best friend's phone number? If this sounds familiar to you, take heart: Claire Warga's help and advice are on the way.

In this groundbreaking book, Dr. Warga, a neuropsychologist, identifies the "mind misconnect" syndrome that causes unsettling events during perimenopause and menopause, noting that they are not signs of imminent madness but a natural part of aging.

Drawing upon cutting-edge brain research and many never-before-described cases, Warga provides the first scientific explanation for why the symptoms occur and reveals how they can be reversed or alleviated. She provides a self-assessment test to help readers determine whether they are experiencing "mind misconnect" syndrome and offers important information and advice on estrogen replacement therapy as well as non-hormonal treatments that mimic estrogen's mind-boosting effects. Her self-screening test, symptom chart, and treatment measurement technique are important tools every woman can use to assess her condition and progress over time, with or without her ob/gyn.



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Editorial Review

Review

Kirkus Reviews (starred review) A significant heads-up for women over 30, along with reassurance and a detailed action plan....This book offers validation and hope.

Stanley J. Birge, M.D. Associate Professor of Medicine, Division of Geriatrics and Gerontology, Washington University School of Medicine Insightful....Brings [the] emotional and cognitive changes associated with estrogen loss out of the closet, empowering women to seek readily available strategies to modify these changes.

From the Back Cover

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About the Author

Claire Warga, Ph.D., is a New York State -- licensed health psychologist and a researcher in behavioral neuroendocrinology. She trains health and mental health professionals, and women, in midlife research. She lives in Brooklyn, New York.

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