

# **Could It Be...Perimenopause?: How Women 35-50 Can Overcome Forgetfulness, Mood Swings, Insomnia, Weight Gain, Sexual Dysfunction And Other Telltale Signs Of Hormonal Imbalance By Steven R. Goldstein**

**By Steven R. Goldstein**

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*How Long Does Perimenopause Last?* The average length of perimenopause is 4 years, but for some women this stage may last only a few months or continue for 10 years.

Steven R. Goldstein is the author of *Could It Be Perimenopause?* (3.60 avg rating, 15 ratings, 5 reviews, published 1998), *Estrogen Alternatives* (3.00 a

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you ve officially transitioned to menopause. Perimenopause is And a regular exercise routine can alleviate many of the perimenopause symptoms women

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The sanity you save could be your own! I have read almost every book I could get my hands on on this topic. Many gave herbal remedies only, and being the "aging

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Could It Be the Transition to Menopause? Then there's this other phase called perimenopause. And that, although it can begin earlier in some women.

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