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Book Review – Estrogen ' s Storm Season by Dr. Jerilynn Prior Dr. Jerilynn Prior is a Professor of Endocrinology and Metabolism at the University of British Columbia in Vancouver. She is also the Scientific Director of the Centre for Menstrual Cycle and

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Dr. Jerilynn Prior tells the story of women in perimenopause through a unique blend of storytelling and scientific fact. This innovative approach to helping women earned Estrogen's Storm Season a 2006 Independent publisher's book award in the Health category (see press release). How to order an ebook copy Estrogen's Storm Season:

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In Estrogen ' s Storm Season she uses storytelling to carry her message by

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personifying the main challenges of perimenopause. Perimenopause begins when the first symptoms appear and lasts until one year after the last menstrual cycle. In her book, Dr. Prior carefully documents the stages of perimenopause.

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Estrogen ' s Storm Season is now available in BOTH print and eBook (Mobi and ePUB) versions! All royalties support CeMCOR research. It is full of lively, realistic stories with which women can relate and evidence-based, empowering perimenopause information. It was a finalist in 2006 for the Independent Publisher Book Award in Health.

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Mavis Dixon. 5.0 out of 5 stars Life saver with practical advice for menopausal women. Reviewed in Canada on February 12, 2019. Estrogen Storm Season is a book I've bought and given away a few times to friends like me who are experiencing alarming and unexpected symptoms from menopause.

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But the book is also an excellent educational tool, an aid for understanding this stormy season in women's lives and for decoding midlife mysteries. To quote Christiane Northrup, MD, “ Estrogen's Storm Season provides perimenopausal women (and their healthcare providers) with brilliant insights and practical solutions to help them weather the rigors of this important life stage. ”

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