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Northrup explains the “7 Secret Keys That Open the Door to Wonderful Sexuality and Sensuality around Menopause”. Here is her advice, excerpted from the book, The Secret Pleasures of Menopause. Become an Ardent Explorer of Your Own Pleasure

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About The Secret Pleasures of Menopause Playbook. Why a Playbook: When I was writing The Secret Pleasures of Menopause, I began to hear more and more stories from other women about exactly what I was writing about: how opening up to and expanding joy and pleasure in midlife creates vibrant health physically, emotionally, and spiritually—including the best sex of your life.

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The Secret Pleasures of Menopause | Christiane Northrup, M.D.

What if menopause is really a time when the best years of your life have just begun? In this uplifting, joyful, eye-opening, and information-packed Audio Download, Dr. Christiane Northrup shares the potent new insights and research that are the basis for her new book The Secret Pleasures of Menopause.

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