

## askdrheatherjohnson\*com

\*Ob-Gyn Insights & Advice: From Pregnancy to Menopause\*

## "CHANGE IS NOT EASY, BUT GOING THROUGH 'THE CHANGE' IS A NATURAL PART OF AGING!"

From perimenopause to postmenopause, and everything in between, this book offers practical, fact-based information that will be your guide through this daunting period of womanhood.

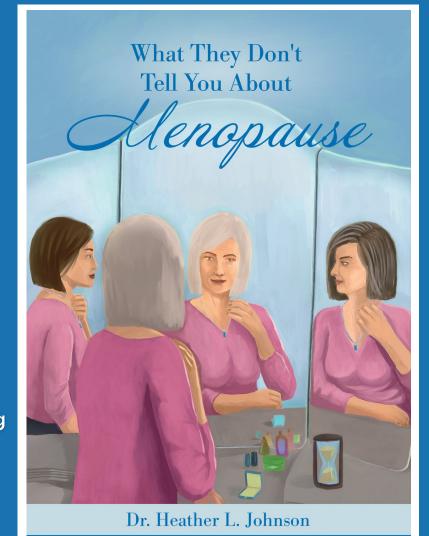
## For Dr. J's Pearls & more...

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Going through menopause is a natural part of aging, but that certainly doesn't mean it's easy!

A Gynecologist's Unofficial Guide to Premenopausal, Perimenopausal, and Postmenopausal Life



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