North American Menopause Society Book Reviews

We are pleased to provide the following reviews of popular books for those who are interested in reading more than the materials developed by The North American Menopause Society (NAMS).

NAMS fully supports empowering women with current, accurate information regarding the passage through menopause and beyond so they are better able to make informed decisions about their health. In the past few years, the number of books about menopause has increased substantially, with hundreds of publications now available. Unfortunately, not all titles present accurate information.

NAMS, therefore, has begun to provide book reviews here on the NAMS Web site and in each issue of its popular e-newsletter, Menopause Flashes. The following reviews are listed in alphabetical order. Please note that inclusion on this list does not imply that NAMS endorses the information and treatments discussed in these publications.

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Book Review List

100 Questions & Answers About Menopause
Ivy M. Alexander, PhD, and Karla A. Knight, RN
Sudbury, MA: Jones and Bartlett Publisher; 2005
-- Reviewed November 2006

A Woman’s Guide to Menopause & Perimenopause
Mary Jane Minkin, MD, and Carol V. Wright, PhD
New Haven, CT: Yale University Press; 2005
-- Reviewed May 2007

Action Plan for Menopause: Your Guide to a Healthy, Vibrant Transition
Barbara Bushman, PhD, and Janice Clark Young, EdD
Champaign, IL: Human Kinetics; 2005
-- Reviewed July 2006

Ageless: The Naked Truth About Bioidential Hormones
Suzanne Somers
-- Reviewed December 2006

Beautiful Bones Without Hormones
Leon Root, MD
New York, NY: Gotham Books; 2005
-- Reviewed October 2006
The Dry Eye Remedy
Robert Latkany, MD
-- Reviewed December 2007

The Everything Health Guide to Menopause, 2nd Edition
Kate Bracy Kalb, RN, MS, ARNP, and Kathryn Arendt, MD
Cincinnati, OH; Adams Media; 2007
-- Reviewed January 2008

The Female Brain
Louann Brizendine, MD
New York: Broadway Books; 2006
-- Reviewed March 2008

Heart Smart for Black Women and Latinas
Jennifer H. Mieres, MD, FAHA, Terri Ann Parnell, RN, MA, and Carol Turkington
New York: St. Martin’s Griffin; 2008
-- Reviewed July 2008

The Hormone Decision
Tara Parker-Pope
Emmaus, PA: Rodale Books; 2007
-- Reviewed March 2007

Hot and Bothered: Women, Medicine, and Menopause in Modern America
Judith A. Houck
Cambridge, MA: Harvard University Press; 2006
-- Reviewed September 2008

Hot Flashes, Hormones, and Your Health
JoAnn E. Manson, MD, with Shari A. Bassuk, ScD
-- Reviewed February 2007

Is it hot in here? Or is it me? The Complete Guide to Menopause
Barbara Kantrowitz and Pat Wingert Kelly
New York, NY: Workman Publishing; 2006
-- Reviewed April 2007

The Menopause Bible: The Complete Practical Guide to Managing your Menopause
Robin N Phillips, MD
Buffalo, NY: Firefly Books; 2005
-- Reviewed June 2007

Menopause for Dummies
Marcia Jones, PhD, Theresa Eichenwald, MD, and Nancy W. Hall, M.S.
-- Reviewed February 2008
Menopause with Science and Soul: A Guidebook for Navigating the Journey
Judith Boice, ND, LAc
Berkeley, CA: Celestial Arts; 2007
-- Reviewed May 2008

Our Bodies Our Bones: Exercises & Other Strategies in Osteoporosis Prevention
Developed and edited by Lila A. Wallis, MD, MACP
New York, NY: National Council on Women’s Health; 2005
-- Reviewed July 2007

Our Bodies, Ourselves: Menopause
The Boston Women’s Health Book Collective
-- Reviewed August 2007

Outwitting Osteoporosis: The Smart Woman’s Guide to Bone Health
Ronda Gates, MS, and Beverly Whipple, PhD
Hillsboro, OR: Beyond Words Publishing; 2006
-- Reviewed June 2006

Overcoming Urinary Incontinence
Michael H. Safir, MD, Clay N. Boyd, MD, and Tony E. Pinson, MD
Omaha, NE: Addicus Books; 2008
-- Reviewed August 2008

Sex and the Seasoned Woman: Pursuing the Passionate Life
Gail Sheehy
New York, NY: Random House; 2006
-- Reviewed January 2007

The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age
Mary J. Shomon
New York, NY: Collins; 2006
-- Reviewed October 2007

Transitions Through the Perimenopausal Years: Demystifying the Journey
Lissa Zala, BA, Andrea Swan, BScN, and Jerilynn Prior, MD
Victoria, Canada: Trafford Publishing; 2005
-- Reviewed September 2007

Understanding Menopause
Janine O’Leary Cobb
Toronto, ON, Canada: Key Porter Books; 2005
-- Reviewed August 2006

Women’s Health: Your Body, Your Hormones, Your Choices
Holly L. Thacker, MD
Cleveland, OH: Cleveland Clinic Press; 2007
-- Reviewed November 2007
Women’s Herbs, Women’s Health
Christopher Hobbs, LAc, Kathi Keville, and Michael Amster, MD
Summertown, TN: Botanica Press; 2007
-- Reviewed April 2008

Younger Next Year for Women: Live Strong, Fit, and Sexy--Until You're 80 and Beyond
Chris Crowley and Henry S. Lodge, MD
-- Reviewed June 2008