

BOOKS

It's not you it's your hormones – Nicki Williams
The New Natural Alternatives to Menopause – Marilyn Glenville
New Menopausal Years...the Wise Woman Way– Susan S. Weed
Women's Bodies, Women's Wisdom – Dr Christiane Northrup
The Wisdom of Menopause – Dr Christiane Northrup
Men are from Mars and Women are from Venus – John Gray
The Female Brain – Louann Brizendine, M.D.
The Male Brain – Louann Brizendine, MD
Positivity – Barbara L. Fredrickson
Learned Optimism- Martin Seligman
Your Pocket Life Coach- Carole Gaskell
Being Happy – Andrew Matthews

WEBSITES

<https://www.womens-health-concern.org/>
<https://thebms.org.uk/> <https://www.gov.uk/government/publications/menopause-transition-effects-on-womens-economic-participation>
<https://www.tuc.org.uk/workplace-guidance/women-and-health-and-safety>