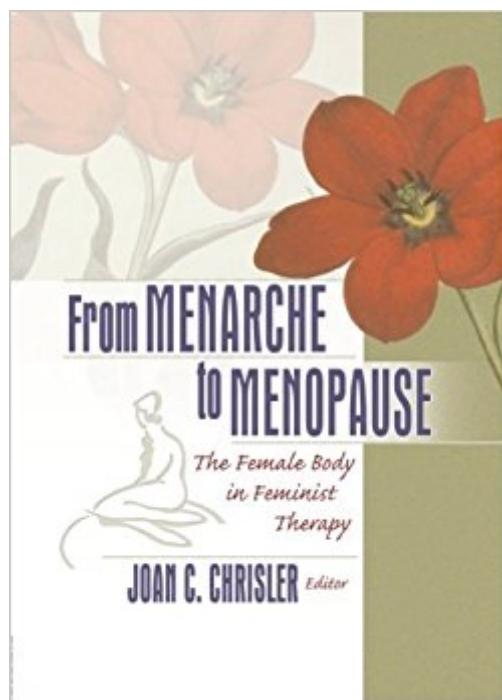


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# From Menarche To Menopause: The Female Body In Feminist Therapy



## Synopsis

From Menarche to Menopause: The Female Body in Feminist Therapy examines the latest research on the menstrual cycle and women's reproductive health. This timely volume focuses on women in therapy who are disconnected from or even repelled by their own bodies due to cultural attitudes, abuse, trauma, or the natural aging process. Experts in the fields of psychology and women's health unite to celebrate the physical life stages of women and girls and to offer practical advice for therapists to use when addressing negativity caused by appearance, age, menstrual symptoms, or reproductive concerns. In this book, you will gain new understanding about the effects on a woman's mental health that transitional life stages can cause, from preadolescence through the childbearing years to menopause. The suggestions in From Menarche to Menopause can help women resist the bombardment of negative messages and misleading information they receive about their bodies and their reproductive concerns. This helpful resource can also assist you in opening new lines of communication between mothers and daughter, women and men, and women and other women. From Menarche to Menopause discusses how to handle topics such as: self-loathing caused by media and cultural messages that affect women's acceptance of their bodies overcoming a daughter's reluctance to discuss sensitive topics of bodily maturation, menstruation, and emerging sexual development helping women, men, and couples cope with infertility assisting women in overcoming a disappointing birth experience providing therapeutic care to women and couples who experience perinatal loss addressing perimenopause in midlife women and the concerns, negative attitudes, and uncertainty of this transition This unique book fills the gap in feminist therapy literature with practical advice concerning the functions of women's bodies that can be used within the therapy context. From Menarche to Menopause includes extensive references and several book reviews to further your research and provide reading and other resources you can recommend to your clients. This practical resource on women's reproductive health as it relates to mental health is an important addition to the bookshelves of feminist psychologists, clinical practitioners, social workers, and health practitioners as well as faculty and students of these disciplines.

## Book Information

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"A DEFINITIVE RESOURCE ON WOMEN'S REPRODUCTIVE HEALTH. . . . Brings this topic out of the closet. . . . The coverage is excellent, spanning the adolescent experience of menarche and moving from pregnancy issues to menopause and beyond. The chapter authors are clearly experts on their topics, and this edited book is admirable in its philosophical coherence. Feminist therapists working with young girls, women in their reproductive years, and older women will find clear information about how to understand and affirm their clients' experiences."Reviewed By: Maryka Biaggio, PhD, Professor and Director of Research on Feminist Issues, School of Professional Psychiatry, Pacific University

EXCELLENT. . . . REALISTIC. . . . AN EXCITING ADVENTURE into territory we should all know better. This excellent collection is an important antidote to the neglect, misunderstanding, and ridicule that women's physiological processes have received historically. A WONDERFUL RESOURCE FOR THERAPISTS, RESEARCHERS, AND INSTRUCTORS OF WOMEN'S STUDIES, SEXUALITY, PSYCHOLOGY, OR HEALTH COURSES. The information is easily understandable to a more general audience and also provides stimulating insights into mother-daughter relationships." (...)

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