



Eat, Drink and Be Merry Through Menopause

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Where you are today is not where you were yesterday or last week. And it is not where you will be tomorrow or next week. Think about how you feel right now. I mean REALLY think about it. How did you feel when you went to bed last night? How about when you woke up this morning, or first put your feet on the floor? Did you feel ready for the day and excited to get out the door for your day's activities? If you are in the midst of dealing with the symptoms of menopause, chances are you are not thinking positive thoughts about any of those questions. But now think about this: Is that how you want to feel tomorrow, next week, next year? If the answer is no, then realize that YOU have the power to decide that it is time for things to change. Think about where you would like to be: ten or twenty pounds lighter? Tighter, toned arms and legs? Sleeping better at night? Having more energy? Dealing with hormonal symptoms that disrupt your life? Make a list of the things you would like to change, and then set a course for that change. Think about those things that you would like to be grateful for in a week, a month, a year from now. Heck, tomorrow! And then decide the small steps you can take to accomplish even one of those goals. You cannot do them overnight, but you CAN work on all of them daily. Each large goal can be broken down into smaller steps that can be accomplished in a logical order working toward the overall objective. This way you will not be overwhelmed and feel like you have failed. This book is an attempt to give you the tools that you need to make healthy changes, to really DO something today that you will be thankful for down the road. I hope that, in some small way, I will give you the tools and motivation to help you feel better, restore your confidence, and allow you to experience the joy and freedom of a healthy lifestyle again.

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