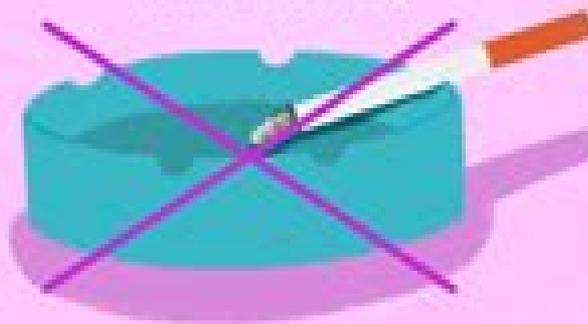


Exercise



Quit smoking



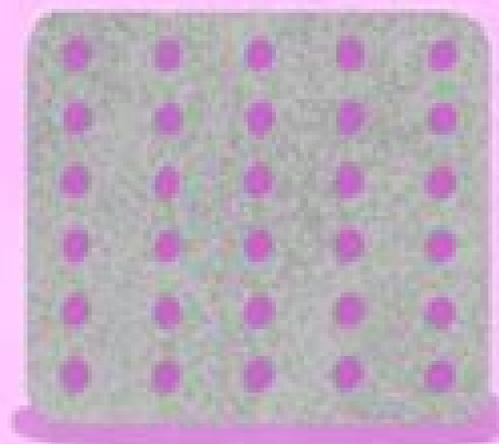
Keep a healthy weight



Coping With Perimenopause



Use lubricant or vaginal moisturizer



Start hormone replacement therapy



Take non-hormonal medication

Coping With Perimenopause

LL Leslie



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In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Coping With Perimenopause**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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