



Managing Hot Flushes and Night Sweats: A cognitive behavioural self-help guide to the menopause

Myra Hunter, Melanie Smith

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The menopause is still a taboo topic and a source of uncertainty and embarrassment for many women. In *Managing Hot Flushes and Night Sweats* **Myra Hunter** and **Melanie Smith** aim to provide women with up to date and balanced information about menopause and a self-help guide to reduce the impact of hot flushes and night sweats in just four weeks.

This book sets out an interactive four-week programme using cognitive behavioural therapy, with exercises and worksheets designed to enable women to develop strategies for managing menopausal symptoms. This approach is based on the authors' research and has been shown to be effective in recent clinical research trials. This guide can help you to:

Understand the biological as well as the psychological and cultural influences on menopause

Understand and manage hot flushes in social situations

Learn to modify triggers and use paced breathing to reduce the impact of hot flushes

Reduce stress and improve well-being

Develop strategies to help if night sweats disturb your sleep

With a companion audio exercise and downloadable resources available online, *Managing Hot Flushes and Night Sweats* offers a complete and effective framework to approach menopause with confidence and to manage symptoms without the use of medication. The book is ideal for women approaching or going through the menopause, for women having menopausal symptoms following treatment for breast cancer, for their friends and relatives, and healthcare professionals working with women.

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