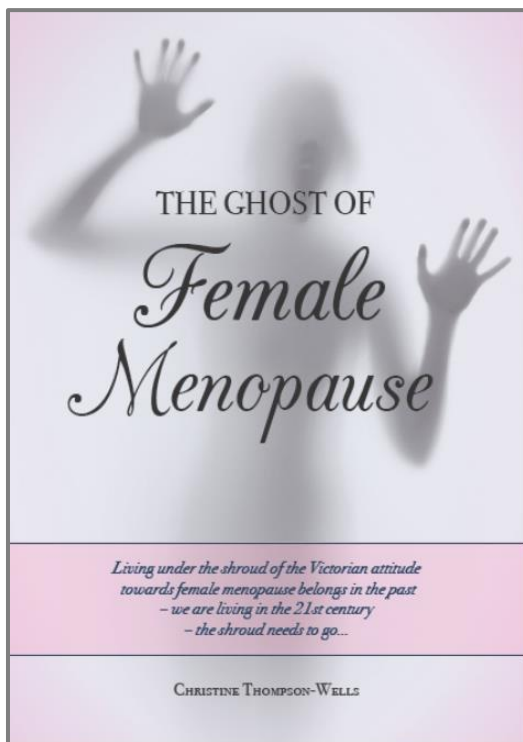


*****PRESS RELEASE*****

NEW BOOK RELEASE

'THE GHOST OF FEMALE MENOPAUSE'

OUT DATE FEBRUARY 2024



Menopause is the great undiscovered 'Elephant in the Room!' It is suggested that females don't want to speak about it, and 'why?' Because most females are intimidated, and males don't want to know...!

The author believes that through education, and community effort, it will help to remove the stigma of menopause - knowledge - is power, and this book allows women to empower themselves.

The book is easy to read and understand and gives answers to many unanswered questions. It identifies many misconceptions or fears a woman may face as she progresses through her natural bodily changes.

Christine is an international published author, speaker, and a university qualified, teacher/educator, CEO of How2Books and Full Potential Training, Australia. She has been a regular speaker on BBC National Radio and appeared on the Politics Show, amongst other achievements in the UK.

Christine is available for radio interviews, television appearances, and articles for magazines and newspapers.

Email: sales@how2books.com.au

[The Ghost of Female Menopause - How To Books \(how2books.com.au\)](https://www.how2books.com.au)

CONTACT PHONE: 041239956