

# Recommended **books**

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by Meno Swiss



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***"Menopause is inevitable.  
Suffering through it is not."***

— Dr. Mary Claire Haver, MD



# Our favourite books on Menopause

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At Meno Swiss, we're always searching for the latest information, expert insights, and evidence-based resources to help women better understand the journey through perimenopause and menopause.

That's why we've put together this carefully selected list of books—written by some of the most respected doctors, researchers, and specialists from around the world. These are the books we believe offer the most informative, supportive, and empowering guidance for anyone entering this phase of life or simply wanting to understand it better.

We hope you'll find something here that speaks to you, supports you, and maybe even helps you feel less alone.

Enjoy the read, and remember: you're not in this alone.

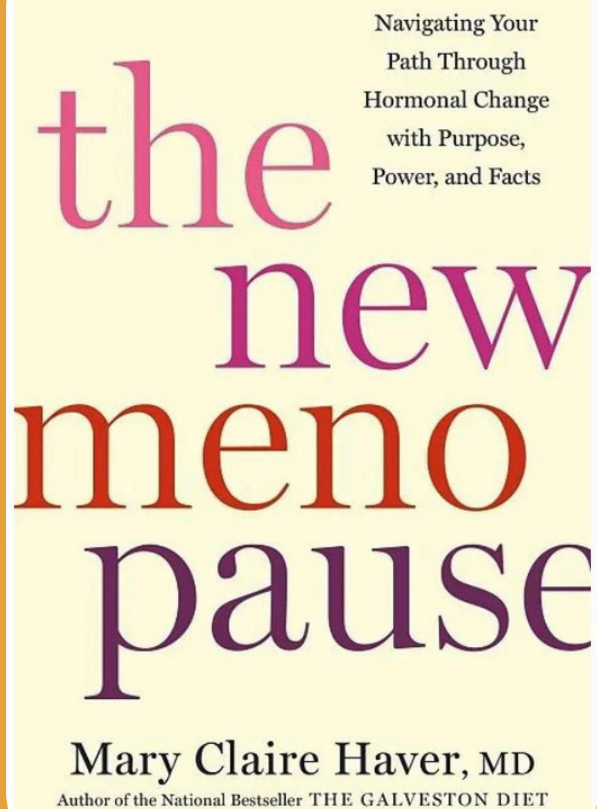
## List of books:

- The New Menopause
- The Definitive Guide to the Perimenopause & Menopause
- Oestrogen Matters
- The Menopause Brain
- Making Menopause Matter

## **The New Menopause (April 2024)**

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**Navigating your path through  
hormonal change with  
purpose, power and facts**



This book gives the reader a fantastic insight into the menopausal transition. The author states that there is a “Menopause Tool Kit” and the more tools of this kit you use, the better your life will be. This is a thorough, evidence based and understandable resource for female midlife wellness.

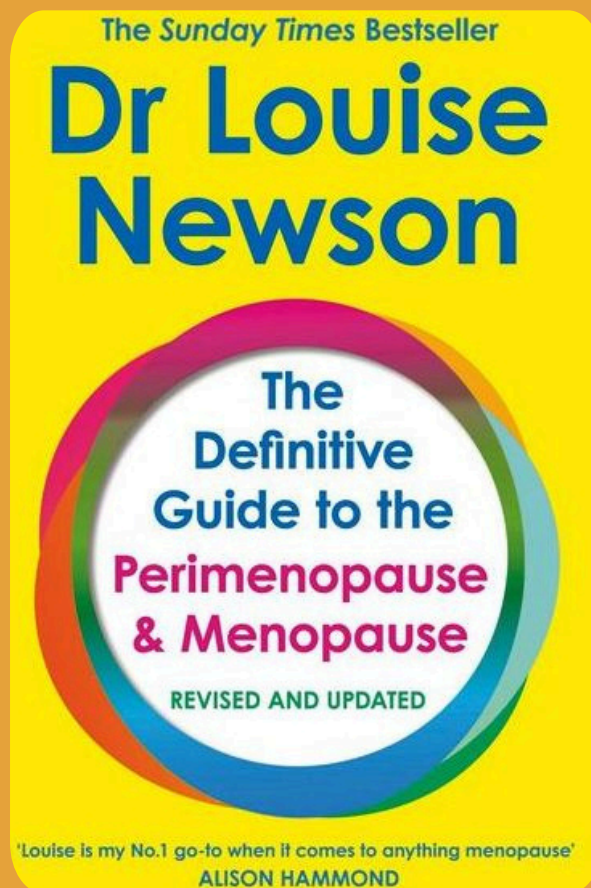
- A to Z toolkit of science-backed options to cope with menopausal symptoms
- Options for mediating your health risks
- Advice and prompts for how to advocate for yourself
- Questions to ask during your doctor’s visit
- Latest research on HRT (Hormone Replacement Therapy)
- Hot flash diary and symptom journal

Dr. Mary Claire Haver is the leader of a menopause awareness movement in the USA called "The Menoposses".

## **The Definitive Guide to the Perimenopause & Menopause (new revised 2024 edition)**

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**After hundreds of years,  
menopause is finally moving  
more into the mainstream**



A very thorough and practical guide for all things perimenopause and menopause. This brilliant and easily read book can be used as a reference guide all along. It provides accurate and evidence based information about the perimenopause and menopause for all. 4 key elements in every chapter are:

- Essentials - must-know, evidence based and accessible
- information Exclusive research
- Common questions answered
- Expert views

Dr. Louise Newson is an experienced GP and one of a few top UK experts on the menopause who has helped hundreds of thousands of women through her clinic, her balance app, social media posts, podcast and websites.

## Oestrogen matters (2018)

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### Why taking hormones in menopause can improve women's wellbeing

Well written, insightful, and hard hitting, Estrogen Matters successfully rebuts the billion-dollar, government-led study known as the Women's Health Initiative, which claimed that hormones for post-menopausal women are harmful. That study was wrong. It turns out estrogens do matter for women's health. The authors, Avrum Bluming MD, a medical oncologist, and Dr. Carol Tavaris PhD, a social psychologist state:

- HRT is the most effective treatment for menopausal symptoms. There is no current way to prevent or reduce the risk of Alzheimer's disease and other forms of dementia except estrogen.
- A woman's risk of dying of heart disease is much greater than dying of breast cancer and HRT can decrease that risk. Estrogen does not increase risk of breast cancer.

'I believe it is an ethical imperative for all clinicians who treat women in menopause or women with breast cancer to alert their patients to this book'  
Dr Michael Baum, Professor Emeritus of Surgery and visiting professor of Medical Humanities, University College London

# Oestrogen Matters

**Why Taking Hormones in Menopause  
Can Improve Women's Well-Being  
and Lengthen Their Lives – **Without**  
Raising the Risk of Breast Cancer**

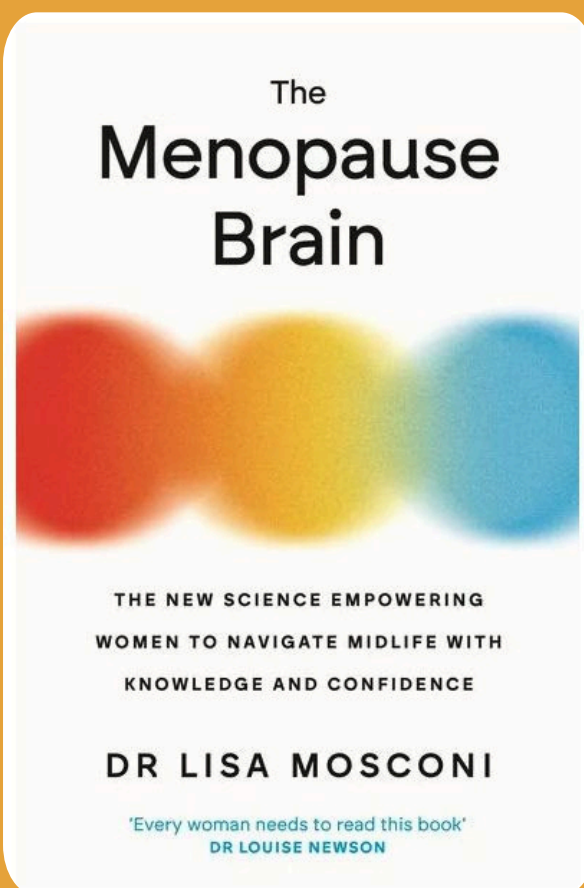
Dr Avrum Bluming and Carol Tavaris, PhD



## The Menopause Brain (2024)

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**The menopause is a neurologically active process that impacts the brain in fairly unique ways**



Dr. Lisa Mosconi gives you brilliant and easy to understand insights about the impact of the menopause transition on the woman's brain. Everybody should know that menopause is more than just mood swings and hot flashes. She presents new science empowering women to navigate midlife with knowledge and confidence. The 4 parts of the book present:

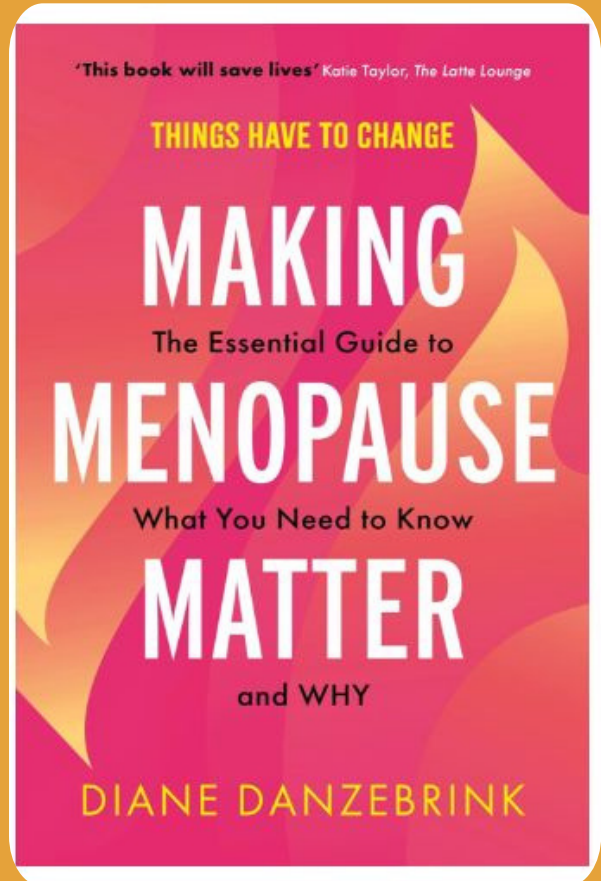
- The big M
- The brain-hormone connection
- Hormonal and nonhormonal therapies
- Lifestyle and integrative health

Dr. Mosconi is an Italian American neuroscientist, educator and author. With a family history of Alzheimer's disease she has made the early detection of it one of her heart's goals.

## **Making Menopause Matter (May 2024)**

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**On a mission to make Menopause matter this book has all the facts + everything we weren't taught in school**



A book that combines the Author's personal journey with incredible knowledge about all things menopause. Diane has poured her heart and soul into this book, aiming to broaden everyone's understanding of menopause so that future generations do not suffer as she and many women currently do. Since 2015, she has been working relentlessly with her campaign "Make Menopause Matter" to advocate for better education in schools, workplaces, and healthcare. This is truly an essential read.

Diane Danzebrink is a Personal Therapist and Wellbeing Consultant specialising in Menopause and a member of the British Menopause Society. She's also the founder of Menopause Support and the #MakeMenopauseMatter campaign in the UK.





## **We'd love to hear your thoughts!**

If you've read any of these books or have others to recommend, connect with us on [LinkedIn](#) and share your favourites.

### **Contact Information :**



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