



## Dichosas (Spanish Edition)

*Rocío del Pilar Oyanguren Silva*

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# **Dichosas (Spanish Edition)**

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La menopausia es una etapa sobre la cual normalmente no se habla y para muchas mujeres es un tema tabú, pues no es agradable comentar sobre los síntomas que nos aquejan. DICHOSAS reúne el testimonio de catorce mujeres exitosas y famosas, quienes como cualquier mujer, han pasado y sobrellevado esta difícil etapa. Ellas, a través de sus valiosos testimonios tratan de convencer a miles de mujeres, que el climaterio y la menopausia no se enfrenta, se vive, y que lo importante es mirar la vida con una nueva perspectiva, pues más allá de relacionar la menopausia con el ocaso en la vida de una mujer, es sin duda alguna, la puerta de ingreso a una etapa de sabiduría y plenitud en todos los aspectos. Esta singular publicación que aborda por primera vez un tema tan reprimido, comparte además información útil de experimentadas especialistas en el área médica como Milagros Agurto (nutricionista), Jeannette Marchena (ginecóloga) y la psicoanalista Matilde Ureta de Caplansky.

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