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Christiane Northrup,  
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In our culture, menopause is looked upon as a disease rather than a gateway to a new way of life, and there are no supportive rituals to affirm a woman's initiation into a new status. Menopause challenges a women to



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confront the unfinished business of her first fifty years, to release her early-life roles, to accept the changes of aging, and to make choices about what kind of person she will be for the rest of her life.

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