



Transformation Through Menopause

Marian Van Eyk McCain

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[This] is by far the most wise and thought provoking book on menopause that I have ever read. It is must reading for every woman who dares to meet the challenges of menopause fully and consciously. *Christiane Northrup, M.D.*

This volume presents a holistic, theoretical framework for understanding menopause as a major developmental event in women's lives. Rather than an unpleasant phase to be endured or alleviated, Marian Van Eyk McCain views menopause as an empowering experience that women can use for personal growth. Artfully interweaving her research, years of clinical experience, and her personal perceptions of menopause to create an inspiring new vision of the change of life. She goes well beyond a discussion of hormones and hot flashes to uncover the deep emotional and spiritual significance of this time in women's lives.

This book is not only about change on a personal or physical level but in society as well. McCain lays out historical and cross-cultural beliefs about menstruation and menopause and the attitudes surrounding them (from taboos to reverence) and points out that in our modern society women most often either try to ignore or make it through this essential period of womanhood in order to compete in a man's world on male terms. In tune with recent feminist thought, the author says there is a new womanpower emerging, which means that it is time for women to honor their natural cycles. There is no other book that combines the insights, inspiration, and wealth of information contained in this work. It is an important book for the alternative-minded baby-boom generation who are seeking new ways to approach middle age.

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