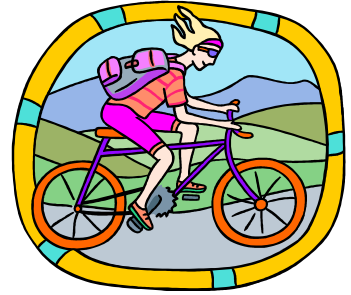


# Women's Health

Some of the books and videos at the Marshall Public Library



## Books

New Harvard Guide to Women's Health 616.008 CAR  
Total Fitness for Women 613.7 LUX  
Strong Women Eat Well 613.NEL  
Fight Fat after Forty 613.704 PEE  
Consciously Female: How to Listen to Your Body... 613.042 GAU  
Complete Guide to Mental Health for Women 616.89 COM  
Daily fix: your guide to healthy habits for good nutrition 613.042 FIS  
Strong women, strong hearts 616.12 NEL  
10 best questions for surviving breast cancer 616.994 BON  
Healthy Women, Healthy Lives...Preventing Disease 613.042 HEA  
Sexually confident wife: connect with your husband...613.96 ETH  
Our Bodies: a new edition for a new era 613.042 OUR  
Mariel Hemingway's healthy living from the inside out 646.704 HEM  
Healthy transitions: a woman's guide to perimenopause... 618.175 SHU  
Women's Qigong for health & longevity 613.714 DAV  
Hot flashes, hormones, & your health 618.175 MAN  
Pocket Guide to Home Remedies for Women 613.042 POC  
Younger next year for women 612.68 CRO  
Yale Guide to Women's Reproductive Health 618.1 MIN  
Abs diet for women: the six week plan to flatten your belly 613.712 ZIN  
Taking charge of your fertility 613.94 WES  
Win the Fat War for Moms...Postpregnancy Pounds 618.6 CAS  
When a woman's body says no to sex 616.85 V  
Reclaiming Desire...Finding Your Lost Libido 306.708 GOL  
I'm Too Young to Get Old: Woman Care after Forty 613.042 REI  
30-Day Natural Hormone Plan 613.042 SCH  
Menopause for Dummies 618.1 JON  
Kathy Smith's Moving through Menopause 618.175 SMI  
Whole Woman...Health in Every Phase of Your Life 613.042 WAL  
Sexy Years: Discover the Hormone Connection 613.043 SOM



## Videos

Strong Women Live Well 613.7 NEL  
Osteoporosis Prevention 616.71 WEI  
Secrets for reducing your breast cancer risk 616.99 SEC  
Bellydance: hips, buns, & thighs 613.7 BEL  
Miracle of life pregnancy workout 618.24 MIR (DVD)  
Dying to be thin 618.852 DYI (DVD)  
Fit for Delivery 618.24 MOO (DVD)



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