

**The Cognitive Behavioral Workbook For Menopause: A  
Step-by-Step Program For Overcoming Hot Flashes,  
Mood Swings, Insomnia, Anxiety, Depression, And  
Other Symptoms (New Harbinger Self-Help Workbook)  
By Sheryl M Green PhD;Randi E. McCabe PhD;Claudio  
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Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Depression, and Other Symptoms Sheryl M Randi E. McCabe, PhD, and Claudio Soares, MD, PhD

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