



# **Kathy Smith's Moving Through Menopause: The Complete Program for Exercise, Nutrition and Total Wellness**

*Kathy Smith*

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## **Kathy Smith's Moving Through Menopause: The Complete Program for Exercise, Nutrition and Total Wellness** Kathy Smith

In this effective guide Kathy Smith shares the wisdom she's learned during her own journey through perimenopause. Information is included on losing weight, staying flexible, reducing stress, eating right and balancing your hormones.

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