



Menopause, Sisterhood, and Tennis: A Miraculous Journey Through "the Change"

Alice Wilson-Fried

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In "Menopause, Sisterhood, and Tennis, Wilson-Fried offers the powerful story of one woman's tangled journey through menopause. Based upon her own experience, and steeped in the rich Southern humor of her mother and grandmother, this guide to surviving "The Change" unveils the mystery of menopause, laying bare the physiological, psychological and emotional transformations menopause brings to women's lives. In giving the story of her own experience and research, Wilson-Fried offers to women everywhere a laywoman's guide to the medical understanding of menopause, offering personal "epiphanies" about why diet, exercise, mental activity, and good humor are necessary for good health during menopause-and even more important, encouragement, motivation, and advice for women who despair of ever being able to implement these strategies into daily life.

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