

Menopause books

This is a brief guide to a number of menopause related books across key topics. New books are published all the time, so this list is not exhaustive, choose what best suits your needs, interests, and menopause pathway.

What you might notice:

Just like menopause itself, no single book meets everyone's needs. You may want general information, symptom-specific help, partner support, or stories you can relate to. Exploring different categories can help you find the right fit.

What may help:

Use this guide to discover trusted, evidence-informed, and accessible books. Many focus on practical tools, symptom support, lifestyle changes, or lived experience.

Book categories and key titles

1. Understanding menopause (general guides) - Explains what menopause is, why it happens, and what to expect

- "The Menopause Manifesto" Dr. Jen Gunter
- "The Complete Guide to the Menopause" Dr. Annice Mukherjee
- "The New Rules of Menopause" Dr. Mary Claire Haver

2. Symptom management - Practical, solution-focused approaches to common symptoms

- "Hormone Repair Manual" Lara Briden
- "Menopause Matters" Dr. Pauline Maki and Patricia Linderman

3. Hormone Replacement Therapy (HRT) - Evidence, safety, risks, benefits, and decision-making support

- "Oestrogen Matters" Dr. Avrum Bluming and Carol Tavis



- “The Hormone Balance Bible” Dr. Shawn Tassone
- “The Definitive Guide to the Perimenopause and Menopause” Dr. Louise Newson (strong HRT focus)

4. Non-HRT approaches - Lifestyle, nutrition, exercise, stress, supplements, and holistic options

- “The Perimenopause Solution” Dr. Shahzadi Harper and Emma Bardwell
- “The Menopause Diet Plan” Hillary Wright and Elizabeth Ward

5. Perimenopause focused - Clear guidance on the transition years leading up to menopause

- “Everything You Need to Know About the Menopause (But Were Too Afraid to Ask)” Kate Muir
- “What Fresh Hell Is This?” Heather Corinna

6. Menopause for partners - Helps partners understand and support the experience

- “How to Survive Your Wife’s Menopause” Pat Duckworth

7. Menopause for specific communities

- LGBTQ+ menopause <https://www.queermenopause.com>
- Menopause in ethnic minority communities
- Neurodiversity & menopause
- Surgical or medically induced menopause

Additional recommended titles

- “The Shift” Sam Baker
- “Cracking the Menopause” Mariella Frostrup & Alice Smellie
- “Magnificent Midlife” Rachel Lankester
- “Surgical Menopause: Not Your Typical Menopause” Helen Kemp
- “The Complete Guide to POI & Early Menopause” Dr. Hannah Short & Dr. Mandy Leonhardt



- “Menopocalypse” Amanda Thebe
- “The M Word” Dr. Philippa Kaye
- “Confessions of the Menopausal Mayhem Mother” Emma Skeates



Remember that you're not alone, and you don't have to wait until things feel overwhelming to talk. Reaching out can help you understand what your body is going through and make sure you have the support you need.

