

# USEFUL MENOPAUSE RESOURCES



At Thrive, education is important to us. Knowledge equals empowerment. Here are some of the brilliant resources that are available to help you navigate your menopause journey.

## BOOKS

Menopausal - Davina McCall & Dr Naomi Potter

The Definitive Guide to the Perimenopause & Menopause - Dr Louise Newson

The Complete Guide to the Menopause - Dr Annice Mukherjee

The Knowledge - Dr Nighat Arif

Cracking the Menopause - Mariella Frostrup & Alice Smellie

The Menopause Manifesto - Dr Jen Gunter

## PODCASTS

The Dr Louise Newson Podcast

The Happy Menopause - Jackie Lynch

Get Lifted with Lisa Snowdon

Women's Health by Heather Hirsch

## SOCIAL MEDIA

Lisa Snowdon

Dr Naomi Potter

Dr Nighat Arif

Dr Louise Newson

Davina McCall

Mariella Frostrup

## APPS

Balance - Menopause Support

Health & Her Menopause App

perry: Menopause Expert Community

## CHARITIES

The Menopause Charity  
[www.themenopausecharity.org](http://www.themenopausecharity.org)

The British Menopause Society (BMS)  
[www.thebms.org.uk](http://www.thebms.org.uk)

Wellbeing of Women [www.wellbeingofwomen.org.uk](http://www.wellbeingofwomen.org.uk)

The Daisy Network [www.daisynetwork.org](http://www.daisynetwork.org)

If you'd like to pick our brains about menopause in the workplace please get in touch. We'd love to help you talk about menopause and drive meaningful behaviour change. You can follow Mel on LinkedIn at [www.linkedin.com/in/melblighthriveleader/](http://www.linkedin.com/in/melblighthriveleader/) or visit our website to learn more [www.thriveleader.co.uk](http://www.thriveleader.co.uk).