

# 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

## SOCIAL MEDIA

Lisa Snowdon

Dr Naomi Potter

Dr Nighat Arif

Dr Louise Newson

Davina McCall

Mariella Frostrup

## PODCASTS

The Dr Louise Newson Podcast

The Happy Menopause - Jackie Lynch

Get Lifted with Lisa Snowdon

Women's Health by Heather Hirsch

## 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)

## APPS

Balance - Menopause Support

Health & Her Menopause App

perry: Menopause Expert Community

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).