

# **Before The Change, Taking Charge of Your Perimenopause, Second Edition By Ann Louise, Ph.D., C.N.S. Gittleman**

**By Ann Louise, Ph.D., C.N.S. Gittleman**

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[Exerpt from "New Jack City":] Beny Ahhhh spbshiiiiiah Nino Brown ahh ha benny look at ya now Beny Nino Please!! Nino Brown ahh dont start bitchin up now Nino Brown

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