

Temporary Cover



IS HAPPINESS HORMONAL?
Learn how sex hormones pull the strings
to control your well-being
Dr. Marie-Andrée Champagne

Say it out loud: hormones are good for your health!

240 pages
October 2018
Éditions de l'Homme

This book is the fruit of over twenty-five years of research on the impact of hormones on our lives.

Sometimes going against what some doctors believe, Dr. Marie-Andrée Champagne sets the record straight as to the role hormones play in our quality of life in general and, as a result, in happiness.

Written for men as well as women, this book explains what sex hormones are, as well as their many effects on the body, brain and mood. The author describes several cases encountered in her practice and offers clear answers to her patients' most frequent questions. She discusses in detail the hormonal phases of an adult's life (premenopause, perimenopause, menopause and andropause), providing all the information necessary to enable everyone to experience these stages with serenity and improve their quality of life. Because yes ... happiness is also hormonal!

Strong points

- The author's vast experience enables her to make scientific theory understandable to non-experts and to base her information on many clinical cases.
- Based on careful research, Dr. Champagne presents the most up-to-date information on hormone therapy.
- A lengthy chapter deals with the perimenopause, which affects many women without their being aware of the hormonal roots of their symptoms.
- Men's health is also given full attention in this book.

A general practitioner for over forty years, Dr. Marie-Andrée Champagne has mainly worked in women's health: births and contraception, as well as perimenopausal, menopausal and postmenopausal care. She is also trained in sexual medicine and in men's health.