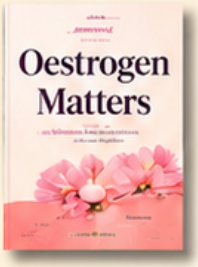
ROAR

REFERENCE INFORMATION

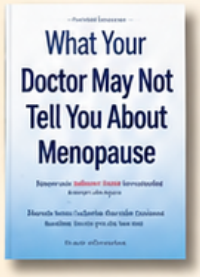
BOOKS



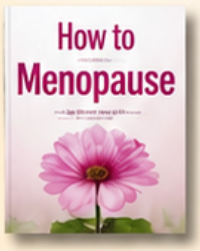
Oestrogen Matters
Dr. Avrum



The New Menopause
Marie Claire Haver, MD



What Your Doctor May Not Tell You About Menopause
John R. Lee, MD



How To Menopause
Tamsen Fadal-S

PODCASTS
MENOPAUSE, MIDLIFE & WOMEN'S HEALTH



The Dr. Vonda Show
Dr. Vonda Wright

Movement, muscles, tendons and bone health through menopause and aging.

Apple Podcasts



unPAUSED
Dr. Mary Claire Haver

Evidence-informed discussions about hormonal changes, menopause and healthy aging.

thepauselife.com



Midlife Conversations
Natalie Jill

Fitness, body composition, hormones and cardiovascular prevention after 40.

nataliejillfitness.com



You Are Not Broken
Dr. Kelly Casperson

Sexual health, vaginal and urinary symptoms, and hormone education.

Apple Podcasts



BETTER!
Dr. Stephanie Estima

Midlife strength, protein, nutrition, metabolism and body composition.

drstephanieestima.com

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Sleep & Rest Resources

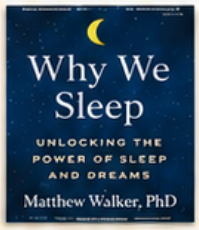
Recommended Books & Expert Learning for Better Sleep



The Sleep Fix

Diane Macedo

A practical guide to insomnia, snoring, shift work and sleep anxiety, informed by researchers, clinicians and her experience.



Why We Sleep

Matthew Walker, PhD

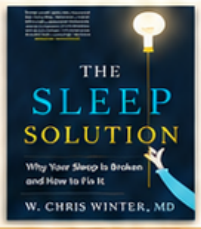
Explores the science of sleep and its connections with memory, brain function, emotions and physical health.



Good Night

Michael J. Breus, PhD

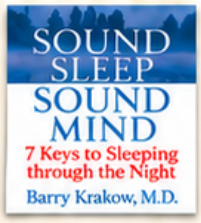
A structured four-week program for improving sleep habits and developing healthier nighttime routines.



The Sleep Solution

W. Chris Winter, MD

Explains how sleep works, what disrupts it and practical ways to approach common sleep difficulties.



Sound Sleep, Sound Mind

Barry Krakow, MD

A seven-key approach addressing mental, behavioural and physical contributors to troubled sleep.

FEATURED MASTERCLASS

Matthew Walker Teaches the Science of Better Sleep

Explore how sleep works and strategies to improve sleep quality and consistency.

masterclass.com

A starting point for learning; consult a qualified professional for ongoing sleep concerns.

ROAR WOMEN'S MINISTRY