Check out these best menopause books for help and advice on perimenopause, symptom treatments, and living your best life. It marks the end of your reproductive years and is considered official once 12 months have passed since the end of your last menstrual cycle. Menopause can happen anytime during your 40s or 50s, but the average age in the United States is 51. No matter where you are in your menopause journey, these books provide insight, information, and advice on how to stay healthy and embrace this next phase in your life. "The Wisdom of Menopause" offers a different perspective. This book has all the information that you need for before, during, and after the change. I am 61 and postmenopausal with osteoporosis and I found a gold mine of information to help my situation. Ann Louise goes into depth about diet, supplements and bioidentical hormone replacement and how to do it safely. This book is packed with all the latest research on easing through perimenopause. I am slowly implementing her suggestions and have only seen positives. I had no idea ALL the issues tied into this stage of our lives, and how they can easily be minimized or eliminated completely. Before the Change is very readable, and its helpfulness is increased by its resource lists and product recommendations. This book is packed with all the latest research on easing through perimenopause. I am slowly implementing her suggestions and have only seen positives. I had no idea ALL the issues tied into this stage of our lives, and how they can easily be minimized or eliminated completely.