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Bearing The Big H: A Hormonal Journey On The Hysterectomy Highway



Synopsis

It took surgery for former newspaper reporter, Patti Pfeiffer, to turn author. It was during her own recovery from a hysterectomy that she wrote this enlightening and entertaining book detailing her experiences with endometriosis, laser surgery, laparoscopy, vaginal hysterectomy, surgical menopause, hormone replacement therapy (HRT) and gynecologists. Through chapters titled "Hystery in the Making" and "The Long Gurney Home", readers gain insight into the emotional, physical and mental aspects of surgery, preoperative to postoperative. But more than surgery, "Bearing the Big H" is about the peaks, perks and pitfalls of womanhood. Any woman whether healthy or hindered will relate to the satirical stories describing the experiences exclusive to the childbearing gender. If you have personally shared the author's experiences, or know someone who has had, or is about to undergo a hysterectomy, this book is priceless, upbeat, hilarious - and required reading!

Book Information

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Customer Reviews

Bearing the Big HA Hormonal Journey on the Hysterectomy HighwayBy Patti PfeifferBook Review by Tracy Levine Although this book is excellent medicine for women planning or recovering from a hysterectomy, it will also be thoroughly enjoyed by any woman who is going through any sort of tough patch right now. Reading this book is like having an understanding and very funny girlfriend in the room with you who's been there. I read this book in about three days and found myself laughing out loud-- sometimes because I could relate to the author, and other times because the way she described even the most horrendous and embarrassing situations, was just downright funny!

Although I have not had this traumatic surgery (thank God), I could relate to Pfeiffer through her anecdotes about marriage, weight, and womanly woes. She's a very witty writer-even the titles of the chapters crack me up... "I am Woman, Hear Me Groan," "Hystery in the Making," and "The Long Gurney Home," are some of the better ones. Yes, Pfeiffer's gifted with humor, but she also writes straight from the soul. In her chapter, "No Laughing Matter," she recounts the acute pain that follows post-surgery laughter and grieves the length of time it takes for this side-effect to improve. She laments: "Life without laughter is merely an existence." Pfeiffer bares all in this personal account, which is immensely helpful to a woman planning a hysterectomy. All those questions you might have and were afraid to ask and some you didn't even know to ask(!) will be revealed. She tells you how she dealt with the recovery, as well as the mistakes she made along the way, so that you, a fellow traveler on the hysterectomy highway can learn from her experiences.

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