



Luna's Favorite Books

Menopause and Womens Health

The Menopause Moment – Dr Kelly Casperson

Published in 2025 – this book is a powerhouse of information that is funny, informative and ultimately empowering. You can read it cover to cover, or focus on the chapters that are most pertinent to you. Here at Luna, we love Dr Casperson!

The New Menopause – Dr Mary Claire Haver

Published in 2024 – this book is a classic and basic intro to all things menopause. You can read one chapter or read them all! This book is a basic overview designed for someone who is not a medical expert but still wants a well rounded introduction to the topic.

Estrogen Matters – Dr Avrum Bluming and Carol Tarvis, PhD.

With a new edition published in 2024 – this classic resource on HRT is a deep dive into the science of estrogen and HRT. This is a heavier science read, but loaded with amazing and complete information. This book was written by a top breast cancer oncologist and NIH researcher, Dr Avrum Bluming along with renowned social psychologist Carol Tarvis, PhD. .

Its Not Hysteria – Dr Karen Tang

Have you ever been dismissed or ignored with reproductive health concerns? This guide to reproductive health from 2024 educates, empowers, and explains common concerns in women's health that encourages and supports you as you advocate for your own health. This book includes menopause, but also discusses topics through the lifespan.

Last updated 3/2026



Metabolic and Bone Health

Forever Strong – Dr Gabrielle Lyons

A classic book from 2023 that focuses on rebooting your metabolism, building strength, and extending your life by focusing on building and maintaining health muscle as the building block for longevity. If you need another reason to start lifting heavy, grab this book!

Unbreakable – Dr Vonda Wright

Dr Vonda Wright is an oncology nurse who returned to school to become an orthopedic surgeon and a champion for women's bone health. This book is a guide to nutrition, training, and lifestyle to help women age with strength.

Women's Sexual Health

You are Not Broken – Dr Kelly Casperson

Not loving your intimate life? Our cultural expectations can set us up to fail. This 2024 book is a practical explanation to how your body works and how empowering yourself with knowledge changes your perspective, your mindset, and ultimately, changes the game.

Come As You Are – Emily Nagasaki Ph.D.

This NYT Best seller from 2021 helping you appreciate that the ingredients for a great sex life are not just the parts of your body, but also how you feel about them. But there's more! If you make your social/emotional care central to your sex life – guess what? It gets better!

Becoming Cliterate – Laurie Mintz, PhD.

Ready to turn some heads at the coffee shop with this one? Published in 2017 – this expertly written resource is an in-depth intro to female anatomy, pleasure, and how to understand the female body (which might just be your own body!). This is a great book for anyone looking to better understand more!

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