After all, unlike most other women found here, the star of Black Swan, Forgetting Sarah Marshall, and Friends with Benefits is only 27. That said, we’ll take our gamble with confidence. Here’s why: Despite her Ukrainian background—she arrived in the U.S. when she was seven—Kunis couldn’t be more of an American girl. This Item: Women’s Bodies, Women’s Wisdom: The Complete Guide To Women’s Health And Wellbeing by Christiane Northrup Paperback £19.49. In stock. Sent from and sold by Amazon. FREE Delivery in the UK. Details. The Wisdom of Menopause: Creating Physical and Emotional Health During the Change by Christiane Northrup Paperback £14.26. In stock. Sent from and sold by Amazon. Recommended to all women, and men! I like that the author is able to write with such authority and clarity on some tricky, taboo, and culturally unseen topics. Read more.