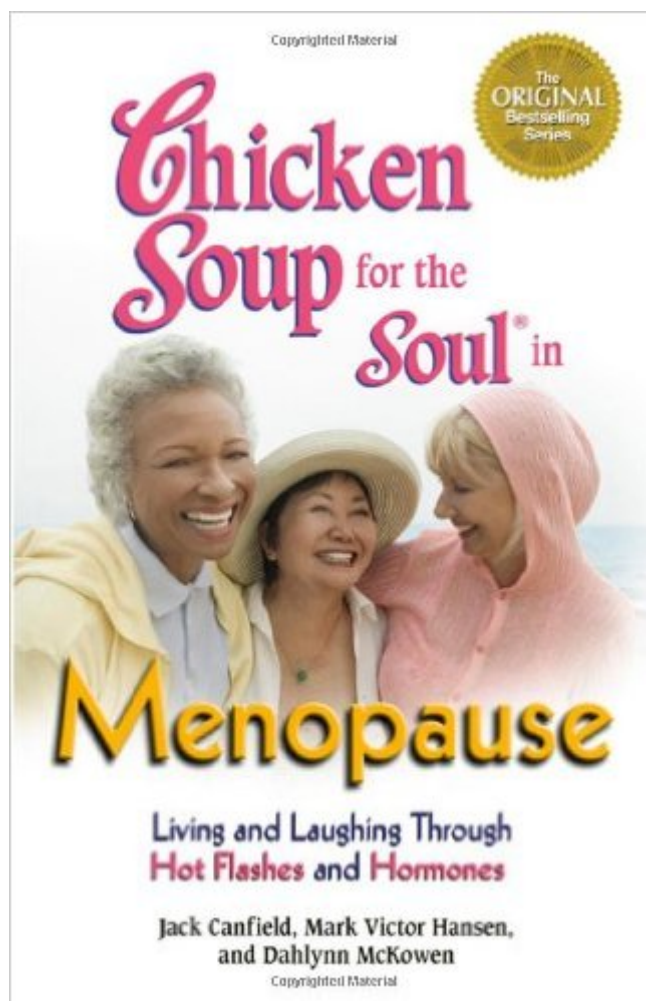


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# Chicken Soup For The Soul In Menopause: Living And Laughing Through Hot Flashes And Hormones



## Synopsis

A laugh-out-loud, pick-me-up collection of stories for the millions of women who are battling hot flashes, mood swings and mental lapses. As baby boomers hit their late forties and fifties, a record number of women are going through menopause. Whether they're in "active" menopause or just beginning to experience their first gray hairs and the hot nights of perimenopause, they'll find support, comfort and advice in this collection of stories from women who've been there and have survived. With chapters such as *What's Age Got to Do with It?*; *This Is Not Your Mother's Menopause*; *Mental-Pause*; *Hormones, Schormones*; and *Who Turned Up the Heat?*, women will gain renewed perspective on reaching the milestone of middle age, feel empowered by their changing identity and realize the innumerable ways in which menopause can impact them in a positive manner. *Chicken Soup for the Soul in Menopause* will show millions of women that there is light at the end of the tunnel.

## Book Information

Series: *Chicken Soup for the Soul*

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (29 customer reviews)

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## Customer Reviews

Most CSftS books make you misty for one reason or the other, but this one makes you nod your head in agreement and laugh out loud. I liked it so much I purchased 6 more to give as Christmas gifts. This is a really a MUST read !!!

This book will make you laugh and make you cry!! Sometimes I thought someone had been watching me through my house windows!! I had my husband read it and he could sympathize with

many men that were in these women's stories.

I am still in my child-bearing years and I thought I'd get the book to learn more about Menopause and boy did I!! It is informative. It made me dread menopause and not want to look forward to the future of aging. It may be funny to menopausal & post-menopausal women but it isn't for those who haven't gotten there yet. It seems sad and scary that we have to go through these changes. It's like reading about people who have gone through the horrors of their Wisdom teeth removal and you're dreading your turn! My mother who already went through menopause did not have any of the symptoms listed in the book so I'm hoping I'll be lucky and escape the horrors of the symptoms. In all, the book was informative with a lot of details of what happens during menopause. Those who already went through it or are going through it will enjoy it better because they can relate to these stories and that they aren't alone during the 'change'.

I have had quite a few laughs from this book. If you are looking for ideas of ways to ward off menopausal symptoms, this is not the book for you. If you are looking for ways to have some laughs and know you are not alone in menopause, this is the book for you! Warm, funny and oh so true menopausal stories.

I enjoyed this book as I am going through menopause myself. I found some of the stories really funny and that is just what women in menopause need. I have read other chicken soup books and have enjoyed them all. They are true stories that make you reflect on your own situations and know you are not alone.

First, let me say that I was lucky enough to be a contributor to this anthology. Mother Nature can't get us down unless we let her, and I, for one, have no intention of allowing her the last laugh. There is nothing better than laughing-out-loud at the foibles we women endure as we approach mid-life. And knowing you are not the only male dealing with women throwing off covers when it's freezing, forgetting where they put stuff, complaining about chin hairs, or crying for no reason at all may offer solace to the males who live with us! This is a book that will be handed down from mother to daughter in many families (with added tips and commentary personalized by the females who've experienced this normal process). A perfect book to give as a gift or buy to brighten a rainy day, CHICKEN SOUP FOR THE SOUL IN MENOPAUSE will bring a smile, a giggle, or a tear as you read stories of those who have gone before us.

I bought this book for my mom and she loves it. She mentioned to me that the book was filled with short humorous stories regarding menopause. A great book for any woman who is dealing with this.

I didn't like this book as much as other Chicken Soup for the Soul books. I have many that I have saved over the years and gave as presents but I didn't think was as good.

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