



Changing Course: Women's Inspiring Stories of Menopause, Midlife, and Moving Forward

Yitta Halberstam, Yitta Halberstam Mandelbaum

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Perimenopause. Menopause. Midlife.

For the women in *Changing Course*, these words imply much more than something to "get through" or even as a "silent passage" - it's a time for great self-reflection, exciting adventures, and new beginnings.

Compiled by **Yitta Halberstam** - the author of the multimillion-selling Small Miracles series - *Changing Course* delivers an entirely new message about menopause and midlife. This superlative work features sixty rich stories from women of diverse backgrounds and experience that capture the laughter and joyous tears of this important time in a woman's life.

This compelling work is divided into four sections:

- Don't Look Back... women who find that they must let go of the past
- Starting the Voyage... women who are experiencing the symptoms of perimenopause or menopause
- The Meditative Journey... women who share their epiphanies on aging
- New Directions, New Beginnings... women who have shown great courage as they look to the future

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From reader reviews:

Louis Clark:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled Changing Course: Women's Inspiring Stories of Menopause, Midlife, and Moving Forward can be fine book to read. May be it might be best activity to you.

Emmaline Jett:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Changing Course: Women's Inspiring Stories of Menopause, Midlife, and Moving Forward, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

Valentin Gonzalez:

That publication can make you to feel relax. That book Changing Course: Women's Inspiring Stories of Menopause, Midlife, and Moving Forward was bright colored and of course has pictures on the website. As we know that book Changing Course: Women's Inspiring Stories of Menopause, Midlife, and Moving Forward has many kinds or category. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it makes you feel happy, fun and relax. Try to choose the best book for you personally and try to like reading which.

Ivan Dinkel:

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