

# Contents

**FOREWORD** xi

**INTRODUCTION:** In Menopause... Any Questions? 1

**Part 1: Everything You Need to Know About Menopause**

**CHAPTER 1:** The Facts, the Fears, and the Gifts of Menopause 13

**CHAPTER 2:** Symptoms A-Z: Hot Flashes, Night Sweats,  
and Where Did This Belly Come From? 35

**CHAPTER 3:** What Your Doctor Doesn't Know Might Hurt You 57

**Part 2: Solutions: Hormonal and Nonhormonal**

**CHAPTER 4:** Help Is on the Way: Hormonal and Nonhormonal  
Approaches 75

**CHAPTER 5:** Tired of Being Tired: Sleep Solutions 103

**CHAPTER 6:** "What Was I Just Saying?": Your Menopause Brain 123

**CHAPTER 7:** Pillow Talk: How to Have Great Sex in Menopause 145

**Part 3: Lifestyle: Nutrition, Movement, and Mindset**

**CHAPTER 8:** Nutrition: Fueling Your Body, Reducing Inflammation,  
and Making Food Fun Again 171

**CHAPTER 9:** The Three Ms: Motivation, Movement, Muscle 197

**CHAPTER 10:** The Midlife Edit: Skin, Hair, Self-Care, and Style 217

**Part 4: Community: Relationships, Workplace, Advocacy**

**CHAPTER 11:** No Woman Is an Island: Finding Your People at Midlife 241

**CHAPTER 12:** Divorce, Dating, and Discovering Who Truly Makes  
You Happy 255

**CHAPTER 13:** When Menopause Meets the Workplace:  
How to Age In, Not Out 277

## **Contents**

### **Part 5: Life Beyond Menopause**

#### **CHAPTER 14: Silver Linings: Embracing Your Not-So-Final Chapter 297**

Acknowledgments **323**

Really Cool Resources **327**

Notes **347**

About the Author **370**