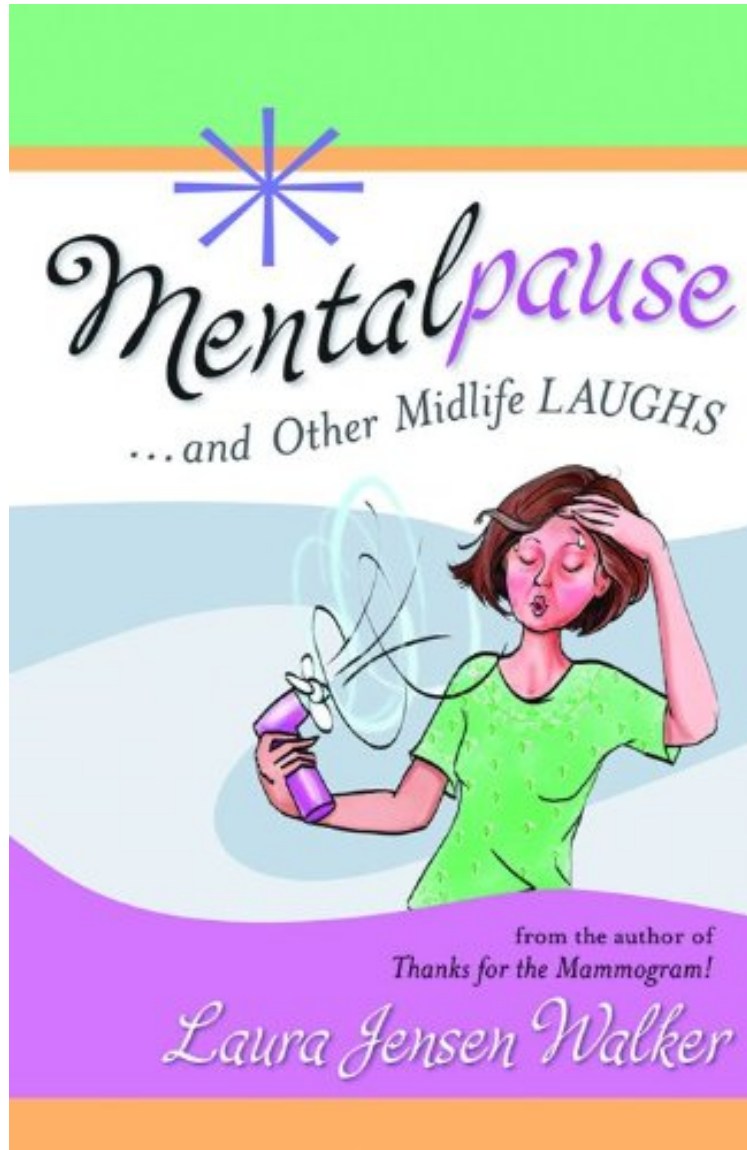


[Ebook free] Mentalpause: ...and Other Midlife Laughs

## Mentalpause: ...and Other Midlife Laughs

*Laura Jensen Walker*

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**Laura Jensen Walker : Mentalpause: ...and Other Midlife Laughs** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mentalpause: ...and Other Midlife Laughs:

4 of 4 people found the following review helpful. Somewhat bemused and bewilderedBy CharcoalI am a woman in my 50's going through perimenopause/menopause so I could relate to quite a few things mentioned in the book, some of which were really quite funny and I did laugh out loud about 4 or 5 times in total, however I wouldn't exactly say the book was generally hilarious. In fact it was a bit depressing, more of a long list of ailments one might expect to

face! What bemused and bewildered me was that a fair bit of the content seemed to refer to people a lot older, in their 60's and even 70's. The quotes at the beginning of the chapters even mentioned old age, one for example "Old age isn't for sissies" by Bette Davis. Um....I thought we were talking middle age, not old age? By the way just an aside, I did feel that many of the ailments listed could be avoided just by being in a healthy weight range and exercising, things which are not always easy to do, but the results are well worth it at this age...since starting to exercise regularly and eat healthily I feel ten years younger despite the hormone swings and hot flashes! I liked some of the suggestions at the end of the book, but is it necessary to bring religion into it? Overall it was a fairly lighthearted and easy read though which is why I gave it 3 stars.4 of 4 people found the following review helpful. Laughs?By ShayyI must admit, I am only 34. I am not anywhere in the range of menopause and I was looking for a light, funny read when I downloaded this book (it was free at the time.) I found that I got about 80% through (I really tried, I did!) and just couldn't do it. I did have a few giggles but not what I was expecting. Maybe I am too young and unaware of what is to come to really appreciate the hilarity of it but in my opinion, it wasn't very funny.0 of 0 people found the following review helpful. mental-pauseBy My Favorite PastimeThis book totally made me laugh out loud! So many stories that the author told I would say, " I have had that happen to me!!" In fact one of the first stories in the book was how women in menopause can look at an object and the word for it not even come to mind. I had just gotten done trying to tell my daughter something about a box and couldn't figure out the word box!!! I was making the shape of the box with my hands, the word box was in my head somewhere, it just wouldn't come out of my mouth! Oh my! So when I read that in the book I was much relieved that other women experience the same thing. For a light-hearted look at hot-flashes, age spots and the mid-life spread Mental-Pause is the book for you!

Laura Jensen Walker went into early menopause after her bout with cancer and can sympathize with other "mentalpause" sufferers and survivors. As in Thanks for the Mammogram!, she uses hilarious vignettes and a delightful mix of wit and wisdom to connect with her readers. With chapters about how "All Varicose Veins Lead to Rome" and "PMS Is a Picnic in the Park," this book helps women dealing with "mentalpause" and those around them gain a better understanding--and certainly a lighter attitude--about this passage of life. Mentalpause . . . and Other Midlife Laughs will get readers laughing at themselves as they hear Laura lightheartedly describe her age spots, lament her sagging everything, and look anew at love after forty.

From the Back CoverDo you often forget the words for common things, like "husband" or "sink"? Have you suddenly found subzero temperatures pleasant? Are your body parts starting to move south for the winter, spring, summer . . . ? Midlife and menopause can be . . . what was I going to say? Oh yeah, they can be challenging times. But there are plenty of reasons to be thankful, too. Laura Jensen Walker went into early menopause after her bout with breast cancer. In this book, she celebrates life and helps you laugh in the midst of hot flashes and memory loss. As in her popular Thanks for the Mammogram!, Laura shares hilarious vignettes and words of wisdom from her experience and those of other women who have been there, are there, or are headed into "mentalpause." Don't worry when you find yourself entering "fuddy-duddydom" or suddenly see your mother's face in the mirror. Turn down the air-conditioning and join Laura for a lot of laughs instead. Laura Jensen Walker is a woman who approaches life with a sense of humor. She is the author of many books, including Thanks for the Mammogram! and several novels. She and her husband, Michael, live in Sacramento, California.About the AuthorLaura Jensen Walker is a woman who approaches life with a sense of humor. She is the author of many books, including several novels. She and her husband, Michael, live in Sacramento, California.