



# 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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#### **Gracie Thomas:**

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