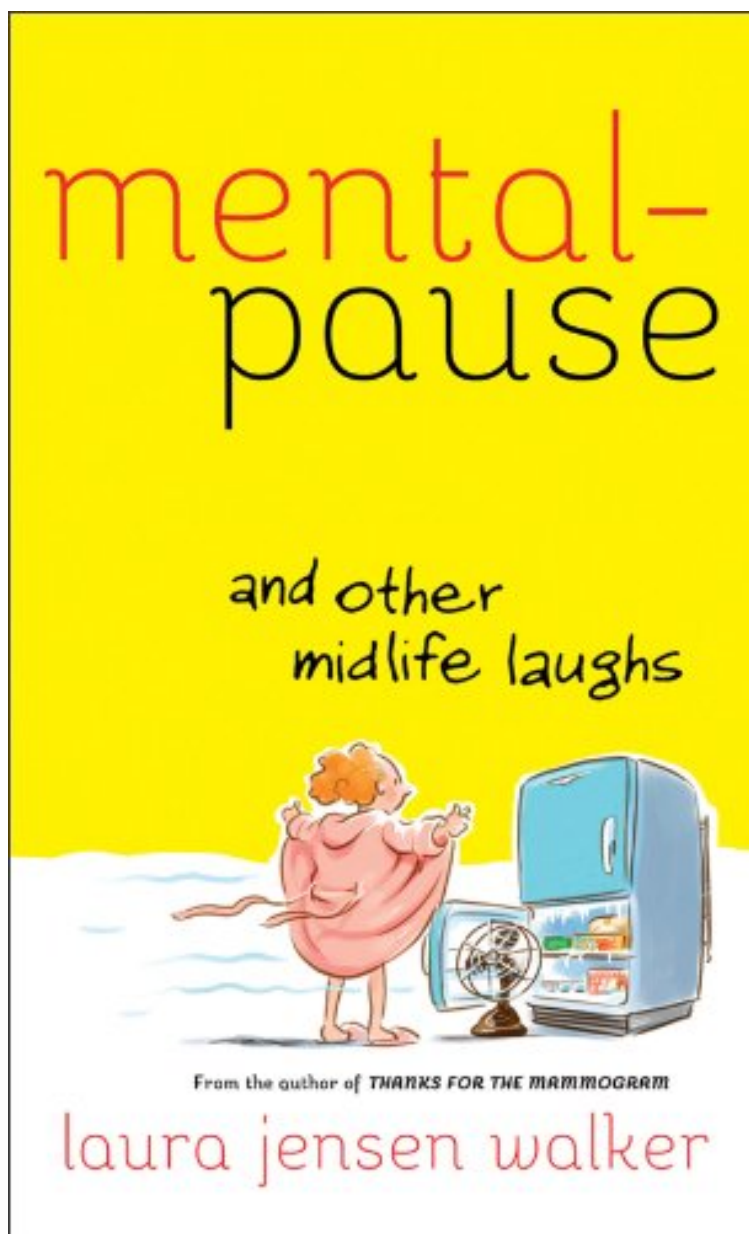


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# Mentalpause and Other Midlife Laughs



*Par Laura Jensen Walker*  
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**Description :** Description du produitDo you often forget the words for common things, like "husband" or "bathtub"? Have you suddenly found sub-zero temperatures pleasant? Do you survive on chocolate supplements? Ask these questions of any woman who has been through menopause, is going through it, or is soon to hit it, and she'll say yes (and then, most likely, cry). 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 "Playing Connect-the-Dots with My Age Spots" 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.

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About the authorLaura Jensen Walker is a journalist, editor, public speaker, and a breast cancer survivor. She is the author of *Dated Jekyll*, *Married Hyde*; *Love Handles for the Romantically Impaired*; and *Thanks for the Mammogram!* Walker lives in Sacramento, California, with her husband, Michael, and their piano-playing dog, Gracie.