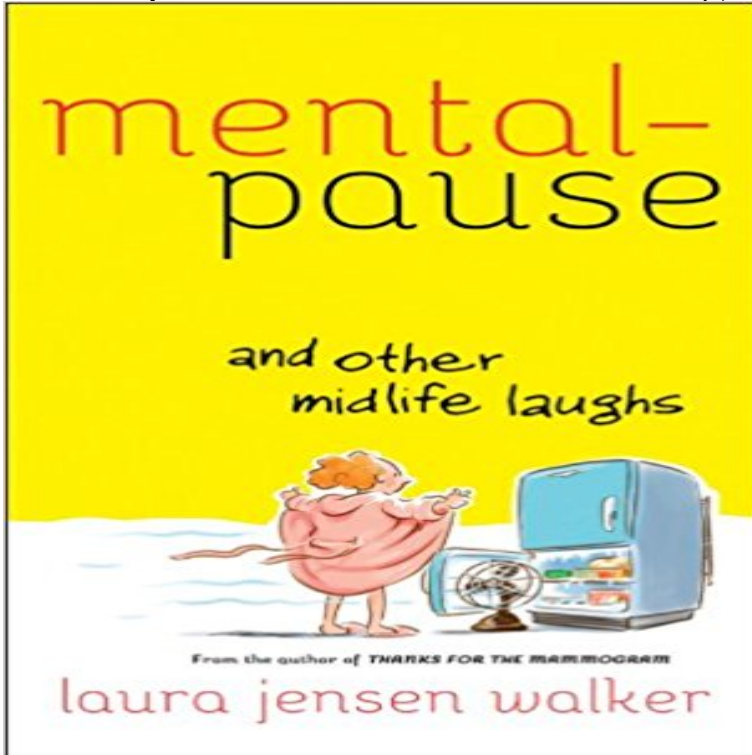


## Mentalpause and Other Midlife Laughs



Do 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 *Thanks for the Mammogram!*, Laura shares hilarious vignettes and words of wisdom from her experience and those of other women who have been there, done that, are there, or are headed into mentalpause. Don't worry when you find yourself entering fuddy-duddydom or looking at 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 an author, speaker, and breast cancer survivor who likes to touch lives with the healing power of laughter. Her books include *Thanks for the Mammogram!*, *Dated Jekyll*, *Married Hyde*, and *Love Handles for the Romantically Impaired*. Laura lives in Sacramento, California, with her husband, Michael, and their piano-playing dog, Gracie.

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