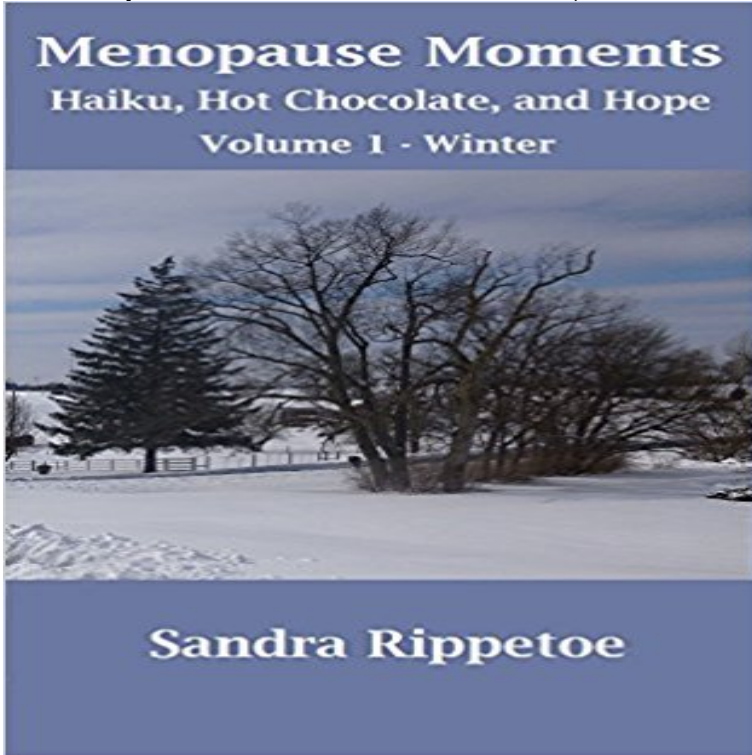


# Menopause Moments: Haiku, Hot Chocolate, and Hope (Winter Book 1)



The menopause transition can perhaps be thought of as a continuous series of moments... moments of grief, longing, humor, contentment, regret, awareness, change, insight, loneliness, and connection. This book of 114 moments, written as haiku poems, represents one woman's reflections as she adjusts to the realities of mid-life and transitions to her new post-menopausal self. This first volume, Winter, is a perfect book for women in all stages of their menopausal journeys to read while enjoying a nice cup of hot chocolate.

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