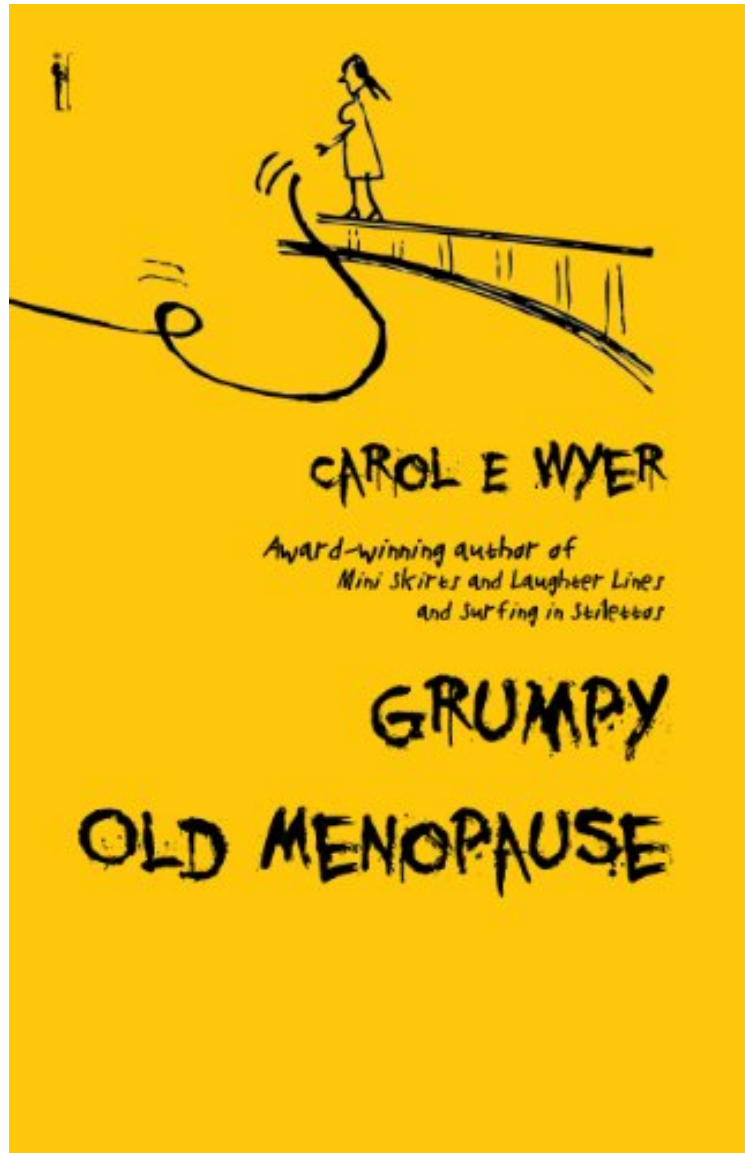


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## Grumpy Old Menopause

Carol E. Wyer

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**Carol E. Wyer : Grumpy Old Menopause** before purchasing it in order to gage whether or not it would be worth my time, and all praised Grumpy Old Menopause:

1 of 1 people found the following review helpful. Useful and entertaining By Lynne Cantwell For women of a certain age -- and I count myself among them -- the so-called "change of life" can be no laughing matter. Hot flashes are just the start. Later on, menopause brings us such joys as an increased risk of heart disease and osteoporosis, to say nothing of mood swings to rival the teenage years -- at a time in life where at least some of us are dealing with actual

teenagers. And the medical profession, by way of helping us through it (as if women haven't been going through menopause for centuries without clinical assistance) and -- let's be honest -- in an effort to monetize yet another "ailment", offered us hormone replacement therapy. Except that the therapy turned out to be worse for our health than the symptoms it was supposed to alleviate. Yeah. We could use a bit of humor about now. Enter this book. Wyer wrote Grumpy Old Menopause as a companion volume to her How Not to Murder Your Grumpy -- a self-help book for women whose husbands had retired and were at loose ends (many of which loose ends were their wives' last nerves). That book was an A-to-Z list of activities for your "grumpy" so he would get out from underfoot and leave you alone. Grumpy Old Menopause follows the same A-to-Z format, except the entries here include much useful advice about coping with menopause -- everything from herbal remedies to exercise to activities to take your mind off your changing body (raising alpacas, anyone?). And she includes a number of jokes to lighten the mood, at least one of which made me laugh out loud. No, I won't tell you which one it was! Go read the book! One caveat: Grumpy Old Menopause is aimed at the UK book market, so some of the slang terms might be unfamiliar to American readers. (Suck it up, honey. They have to parse our slang often enough.) But for us women of a certain age, it's worth the trouble. \*\*\*Notes: I received an ARC of this book in return for an honest review. 2 of 2 people found the following review helpful. Midlife with a kick! By Melissa Bowersock Carol Wyer has cheerfully turned aging gracefully (or not) into a cottage industry. Her books include Mini Skirts and Laughter Lines (about coming to grips with mid-life), How Not to Murder Your Grumpy (about dealing with a newly-retired husband), and Just Add Spice (about a "mature" woman dealing with all of the above). Her latest release is Grumpy Old Menopause, a compendium of sorts that covers all the bases. GOM is at once a hilarious peek into the author's own mid-life adjustments and an extremely thorough and useful exploration of all the joys, annoyances and treatments for menopause. Along the way, she sprinkles in great handfuls of jokes, some groaners, some laugh-out-loud funny (and fitting!). Her sense of humor is spot-on and helps to take the sting out of the annoying side effects of long life, but don't let the humor cover up the fact that there is a lot of very useful information here. This is an excellent resource with a playful kick to it. 2 of 2 people found the following review helpful. Machetes, RPGs, and Menopause By DVC Carol Wyer's outdone herself with Grumpy Old Menopause. Funny, helpful, insightful and endearing--this book has it all. If you're nearing the power surge stage in life, are already there, or know someone going through it, you'll want to read this book. Wyer's anecdotes are either groan-inducing (in a good way) or laugh-out-loud funny--I especially liked the headers for the chapters that list what you should hide from a woman going through menopause (under the letter 'M': machete, mace, men). Definitely my kind of book :-). If you need a good laugh, (and seriously, who doesn't if they're in the throes of a hot flash or one of those lovely mood swings?) then pick up a copy or five of Grumpy Old Menopause (one for you, one for each of your girlfriends/sisters). You'll be glad you did.

Grumpy Old Menopause To be administered in one large dose for maximum effect Have you started to write post-it notes with your kids' names on them? Do you need to change your underwear after every sneeze? Guess it's time to read this book then. It'll help you get through "that" time in your life with a spring in your step and a smile on your face. With numerous suggestions, sensible advice and amusing anecdotes, Grumpy Old Menopause will help you sail through that tricky part of a woman's life with ease and humour. It should prevent you from turning into Mrs Crabby or worse still, a demonic monster. "An excellent mix of humour and sound advice. This book is a must-read for all women ... I highly recommend Grumpy Old Menopause. It is the perfect blend of humour and excellent advice to help all women sail through the menopause." - Nicky Snazell, Fi STOP Consultant Physiotherapist in Spinal Pain, Fellow of Institute for the Study and Treatment of Pain. International Lecturer in Pain and Health

'If Robin Williams were a woman chronicling the changes of Menopause, he'd be Carol Wyer. Screamingly funny, seemingly hypomanic, and ultimately upbeat, she casts her comedic eye on the Change from A to Z' The Menopause Goddess; 'My office colleagues were convinced I was going cuckoo, as I was laughing so much I nearly fell off my chair' Eileen Durward, A.Vogel; 'This book is a must-read for all women. It is the perfect blend of humour and excellent advice to help all women sail through the menopause' Nicky Snazell, International Lecturer in Pain and Health; 'To be administered in one large dose' Menopause Morph. About the Author Carol Wyer is an award-winning author whose humorous books take a light-hearted look at getting older. She has had articles published in national magazines 'Woman's Weekly', featured in 'Take A Break', 'Choice', 'Yours' and 'Woman's Own' magazines and writes regularly for The Huffington Post.