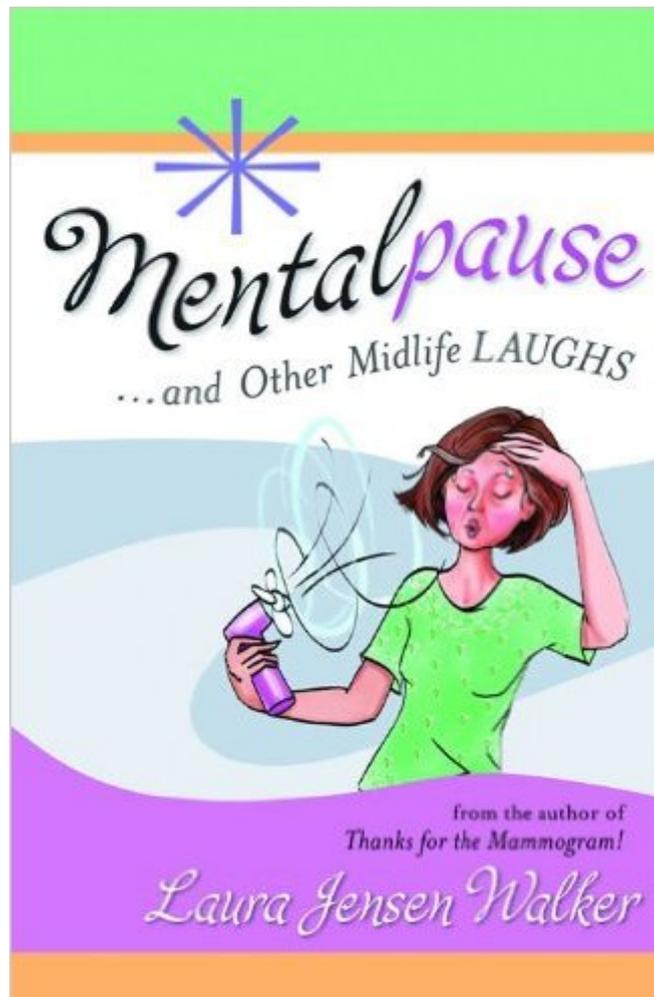


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# Mentalpause: ...and Other Midlife Laughs



## Synopsis

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 "All Varicose Veins Lead to Rome" 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.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #1,406,469 in Books (See Top 100 in Books) #95 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #389 in [Books > Self-Help > Mid-Life](#) #1326 in [Books > Humor & Entertainment > Humor > Self-Help & Psychology](#)

## Customer Reviews

I am a woman in my 50's going through perimenopause/menopause so I could relate to quite a few things mentioned in the book, some of which were really quite funny and I did laugh out loud about 4 or 5 times in total, however I wouldn't exactly say the book was generally hilarious. In fact it was a bit depressing, more of a long list of ailments one might expect to face! What bemused and bewildered me was that a fair bit of the content seemed to refer to people a lot older, in their 60's and even 70's. The quotes at the beginning of the chapters even mentioned old age, one for example "Old age isn't for sissies" by Bette Davis. Um....I thought we were talking middle age, not old age? By the way just an aside, I did feel that many of the ailments listed could be avoided just by being in a healthy weight range and exercising, things which are not always easy to do, but the results are well worth it at this age...since starting to exercise regularly and eat healthily I feel ten

years younger despite the hormone swings and hot flashes! I liked some of the suggestions at the end of the book, but is it necessary to bring religion into it? Overall it was a fairly lighthearted and easy read though which is why I gave it 3 stars.

I must admit, I am only 34. I am not anywhere in the range of menopause and I was looking for a light, funny read when I downloaded this book (it was free at the time.) I found that I got about 80% through (I really tried, I did!) and just couldn't do it. I did have a few giggles but not what I was expecting. Maybe I am too young and unaware of what is to come to really appreciate the hilarity of it but in my opinion, it wasn't very funny.

I never would have thought hot flashes and strange hormones would be funny business--then I read *Mentalpause*. It gave me pause for thought! Laura has a warm wit that cuts through the saccharine approach to real life issues. Looking at circumstances through Laura's eyes makes me smile at the present (and the future) rather than wishing I had the money to run to the plastic surgeon! This book is well worth the read. It made me laugh until I snorted and when I caught my breath I said, "Wow! That was deep!"

I am writing this review before I finish this because I found no reviews of the Kindle version. All were for the paperback. So far, I am finding this very funny and touching. Will add more as I finish this but wanted people to know the Kindle addition has no problems. I am most of the way through this and I do think it is funny. Laughter brings healing to the bones. It is good for the soul.

This story was probably written for women just beginning their Menopause journey. Some of the humor was very funny and some fell short. I expected to laugh more and was disappointed that I didn't find it very funny.

This book totally made me laugh out loud! So many stories that the author told I would say, "I have had that happen to me!!" In fact one of the first stories in the book was how women in menopause can look at an object and the word for it not even come to mind. I had just gotten done trying to tell my daughter something about a box and couldn't figure out the word box!!! I was making the shape of the box with my hands, the word box was in my head somewhere, it just wouldn't come out of my mouth! Oh my! So when I read that in the book I was much relieved that other women experience the same thing. For a light-hearted look at hot-flashes, age spots and the mid-life spread

Mental-Pause is the book for you!

What a hysterical read. I swear Laura wrote it about me. It was so entertaining and I was so glad to know that I am not alone. I cannot wait to read another of her books. This is a book every woman should read.

I laughed til I cried! Not only does Laura Jensen Walker relate to those women who experience menopause at the medically correct age, she also speaks to those of us who have gone thru it early in life. AND...she somehow manages to hit every avenue of it without embarrassing herself or her readers! The only red face comes from the age old hot flash one may suffer thru while reading the book! There's no reason to suffer thru menopause anymore! Laura has taken that which we dreaded and made it...well, ALMOST fun! Thank you, Laura Jensen Walker for putting into words what my hot flashes have been trying to say for so long!"

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