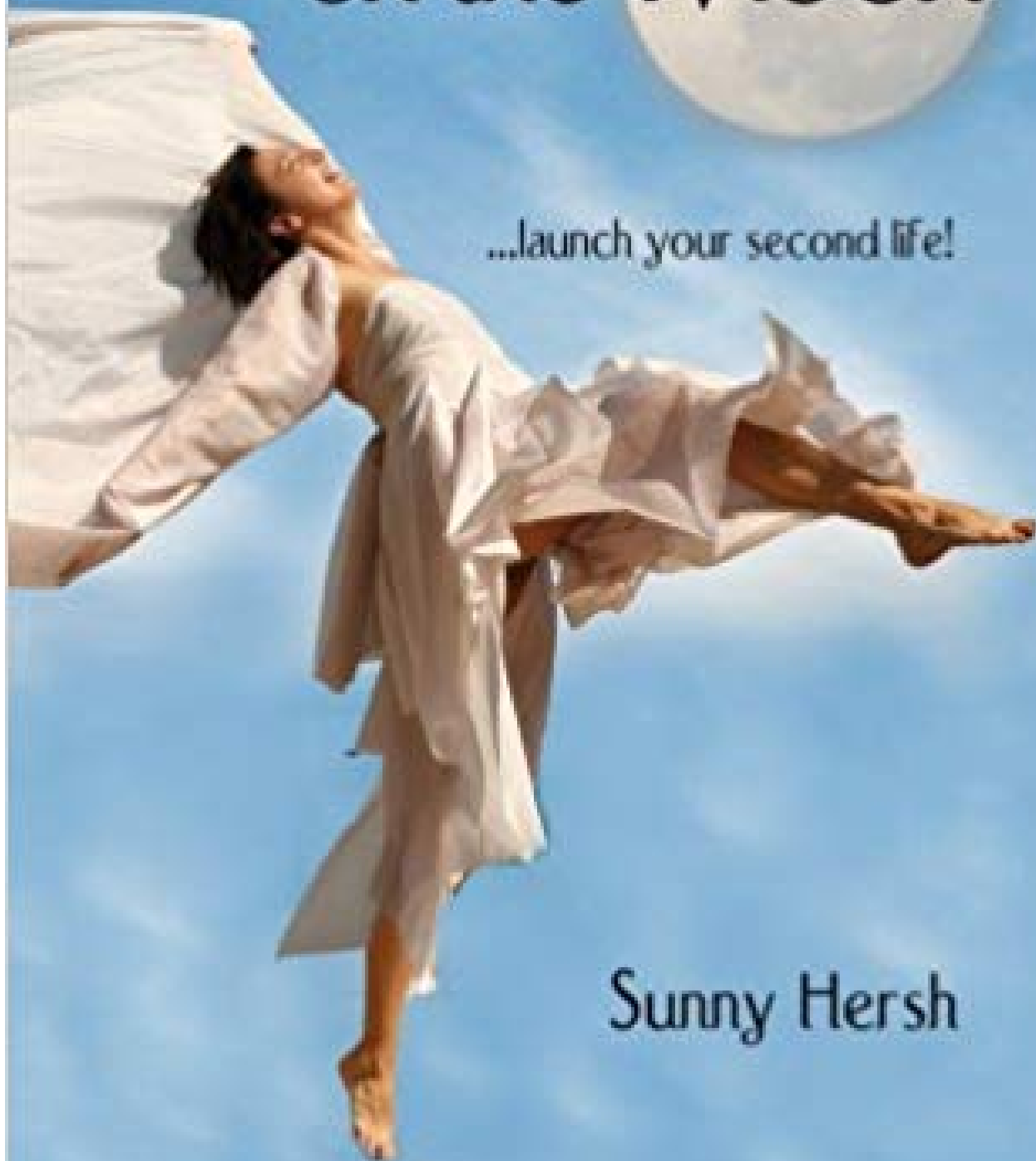


Midlife Mamas on the Moon

...launch your second life!

Sunny Hersh



Sunny Hersh

Midlife Mamas on the Moon: Celebrate Great Health, Friendships, Sex, and Money and Launch Your Second Life



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We're not more than the hill, we've moved the hill back! Celebrate the new freedom and power of lifestyle after 40 with the publication that inspires you to: stop fighting with your spouse and become best friends for life; discover the natural option to the dangerous HRT you've heard about; eliminate your virginity - the next time around; and trade your job for more free time, pleasure, and significance. Filled with useful checklists, honest personal tales, and no-nonsense resources, writer Sunny Hersh quotations boomer mentors like Dr. John Gray, Elizabeth Lee Vliet, and Dr. Christiane Northrup, Rabbi Harold Kushner, Dr. This warm, funny digest of midlife wisdom helps you manage perimenopause and menopause symptoms, reduce stress, and transform your associations with your teens, friends, and aging parents.



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A Girl's Best Friend This is an absolute must have book for each woman over 40. So many of the articles you rip out of papers and periodicals are summed up here, and the publication is fun to read. I'm definitely getting ultimately more copies to give away as gifts to those I care about. This book provides you updated on the most important lifestyle changes so that you can make sure a smooth transition from 40 to 50 and beyond. **Necessary Reading for Women more than 40** In "Midlife Mamas on the Moon," Sunny Hersh presents pertinent topics for women over 40. ~The Rebecca Review I COULD Relate! Since I simply turned 40 I found this book to become a helpful guide to a life I'll soon be living. Rather than being shocked or frustrated by symptoms of ageing, I can be prepared and alert to subtle changes. Most of the book reads like a conversation with a good friend and I found myself writing down the names of numerous books and products. This might have never occurred if i hadn't read this publication. Sunny Hersh shares her personal experiences and gives advice on a wealth of topics including relationship issues, sexuality, dating, financial security, hormone replacement, exercise and diet. Well worth the amount of money to be so inspired. The sooner you read this publication the better your daily life will be. I picked up this reserve expecting another dreary tale about how to cope with menopause, but got greater than that! She has done all the reading and study for me and presents it in a useful and right down to earth design. You not merely learn helpful hints, but you laugh all the way through. I am to be 49 this year and have been fighting this problem. my counsiler told me about this reserve and it provides helped me understand i am ok!" When I explained to her my known reasons for switching she was not very supportive. She also provides helpful tips on looking after your partner's health. Sunny produced me laugh along with open my brain to whats going on out there. Many thanks Sunny! Ann I generally continue reading the bus while commuting, and had to restrain myself from jumping up and saying, 'Oh Yeah!' and 'That's me, alright!' Sunny has captured the emotions due to all these adjustments, recast them in a humorous and optimistic way, and provided plenty of good solutions and meals for thought. Sunny's optimistic outlook is inspiring me personally to use of my midlife doldrums and take charge of my following twenty years! midlife could be great! I feel energized by the many tips and nuggets found in this book on everything from understanding your hubby to motivating yourself to excercise. It's an enjoyable experience to become a Midlife Mama! I'm 55 and Sunny has reminded me in her book that this is a great time for a female. She covers everything including finances, wellness, adult children returning house, aging parents, our spirituality, our dependence on friends, and so a lot more. a good book Kept me extremely interested - loved the little bit of humor tossed in and the helpful facts for this particular time in my entire life. My favorite part is the Checklist and the The Checkup From the Throat Up sections at the end of every chapter with reminders such as for example "You shouldn't be so centered on self-improvement that you ignore to have a true to life", or "Being right is the booby prize of lifestyle". Great publication. It's place is at reach of my table, with the reference books I frequently use. The best area of the book is that it's an easy read, like talking with a good friend. really heart warming and healing this book came to me at a time when i've lost my older brother to suicide and my son at war in Iraq. My mom died at 49 therefore did my brother. An abundance of information After reading the chapter on hormones I called my gyno and made an appt. When I disscussed switching hormones she said" whats wrong using what you're on? better than ok! thankyou! pj Midlife Mamas on the Moon What an informative and humorous display of Midlife Mamas! Sunny certainly shares her encounters in a witty, positive, and personal way, covering just about every aspect of life. She offers great suggestions and stimulates the reader to actions. I appreciate the sections by the end of each chapter--"The Checklist" and "The Checkup from the Throat Up". Sunny has helped define womanhood, the ups

and the downs, in a provocative way. This is essential READ for all women!



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