



WHAT WOULD VIRGINIA WOOLF DO?

**And Other Questions
I Ask Myself as I Attempt to
Age Without Apology**

NINA LOREZ COLLINS

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When Nina Collins entered her forties she discovered herself awash in a ocean of hormones., which includes grown exponentially into a place where women-most with strong views and fierce senses of humor--have remarkably candid, lively, and intimate conversations. Craving a place to discuss her questions and problems, and finding non-e, Nina began a Facebook group with the ironic name, "What Would Virginia Woolf Perform? As symptoms of perimenopause set in, she began to fear losing her health, looks, sexuality, sense of humor- perhaps all at once. is certainly a frank and intimate conversation blended with anecdotes and honesty, covered up in a literary joke. They yearn to acknowledge the nostalgia and sadness that is included with maturing, but also wish to revel in their hard-earned wisdom. Part memoir and part reference on everything from fashion and skincare to sex and surviving the empty nest, What Would Virginia Woolf Perform?Mid-existence is a period when women wish to take into account purpose, about how to be their best selves, and how to love themselves because they enter the second half of life. It's also a destination, a location where readers can nestle in and observe what happens when women feel comfortable enough to come on with one another: defy the shame that the lifestyle often throws their method, discover solace and laugh out loud, and luxuriate in this new phase of life.



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A Girlfriend's Guide to Aging.... Many thanks Nina. This is a funny reaffirmation that people might as well embrace the crazy time in our lives called peri menopause. She has synthesized the many articles from the W/WVWD community with her personal research and perspective to create a book that may inspire, educate and support females as they age. As a topic matter professional on membership models, in addition to a person in Nina's online W/WVWD community, I could claim that she's built something rare and particular. But, how wonderful it is to hear the shared wisdom of my sisters within these webpages. Oh my goodness! But for every girlfriend for there birthday. People say the unsayable and share their biggest difficulties, fears and hopes. But what's really precious about the community may be the culture that Nina and the moderators have got built. Folks are kind and caring and supportive. Articles are candid, well-written and brave. If you are a female noticing how her body, mind and emotions are evolving as she ages, or you like such a girl, you need to read this book. A Hip, Wise and Wonderful Browse for the Over-40 Woman (and her close friends & family! It produced me laugh many times, you will enjoy this candid and thorough book that talks about from sagging breasts, empty nest syndrome, your wardrobe, mood swings, everything." occasions. I love knowing that I am not alone in being occasionally perplexed as of this aging point, and it's great to hear the opinions and encounters of the numerous women whose comments come in the book. It will likely be next to my bed for years to come, a warm and reference for reassurance and wisdom. As a woman in my own 50s, it's heartening to hear that many other women are likewise confused & If you're a woman, you need this publication. And I believe men might find it useful too - just a little screen into our world! Fun and Enlightening Easy to read, easy to search, and filled with great advice from a large number of women who've shared what really works, what doesn't, and things to consider as we age group. bemused by this unusual stage of life. ?? When I was 18 I searched for the wisdom in "Our Bodies Ourselves". Filled with precisely what encompasses bring a female. The good, the bad and the ugly. Thanks for bringing me home. I loved this reserve. I'm a member of the Facebook group and bought the publication to support Nina. I adored every word. So very much fun to read, and chock filled with educational and inspirational messages. DENA. Like speaking with a girlfriend! If you are a female over 40, or just a female really, you need this book. Right now, many years later and relatively wiser I could fill in most of the gaps for myself. A reliable community of thousands of women, the majority of whom have never met in true to life. This book has brought me home. But A LOT MORE! W/WVWD's posts are my favorite what to read. Houston, we have a winner! This book is flippin hilarious! In this book, Nina talks about things that women of a particular age think about but rarely discuss openly, with an increase of than a couple of close friends. I LOVED this book I LOVED this book! Great compilation Handy guidelines to read then share with a friend. Nina Collins includes a great writing design and the book has tons of phenomenal tips for women of a certain age. Whatever crazy you are going through, it really is normal, and fortunately, short-term. I laughed, I cried, and I experienced like I came across my tribe. I extremely, super recommend this wonderful reserve. A must read for all females over 40!! Must read Must go through if your over 40. The posts cover everything that I'm thinking about but not necessarily talking about. Love her personal stories and her constant positivity. In this publication you will learn all the details, regardless of how ugly, about what can occur as you age. I felt just like the author was authoring me. If you are looking for more in-depth research and even more solutions this is not your book, in the event that you simply desire some gf to gf discuss whats likely to happen and what the author has tried or heard from close friends to work - this is it! Ideal for

every aging woman I actually couldn't put this publication down. I feel like I have every sign of pre menopause and today understand I am not alone and some of the items I have been feeling could become because of the change of life. Not feeling as if you 're going through it alone can help so much and this book can do that.) This book had me laughing from page 1, nodding along, sighing, and yes, there have been a couple of "Ah ha! Five Stars great read informative, covers plenty of ground in case you are new to the over 40 world as a female This is straightforward intro alive over 40 for women. It had been provided in a relate-able and humorous format, I quite loved it because I understood nothing about it. Among the items that drove me crazy as I was getting older and my own body started changing had not been knowing what to expect or what was "normal".



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