

The
Middlepause
*On Life
After Youth*
Marina
Benjamin

"Women do a lot of things to mark turning fifty. Go to a resort! Have a
hang-up party! But, far better to read *The Middlepause*." —Jill Lepore



Marina Benjamin

The Middlepause: On Life After Youth



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"In *The Middlepause* Benjamin deftly and brilliantly examines the losses and unexpected gains she experienced in menopause. Menopause is a body and mind change as monumental and general as puberty, yet much less often discussed, specifically in public, which is why Benjamin's work here is therefore urgently required." —Kate Tuttle, *The Los Angeles Times*

The Middlepause presents a vision of contentment in middle age group, without sentiment or delusion. A cavalry! Spurred by her surgical propulsion into a sudden menopause, she finds methods to move forward while keeping clear-eyed acknowledgment of the problems of aging. Going to to challenging elderly parents and a teenaged daughter, experiencing bereavement, her own wellness woes, and a brand new impetus to provide, Benjamin emerges right into a new definition of herself as girl, mother, citizen, and girl. . .

"It is not possible to totally appreciate what this means to age group without attending from what the body knows." "My needs are leaner and my storehouse fuller. . . Among *The Middlepause's* many sensible observations about no more being youthful: "I am discovering that I care less about what other folks believe. A cackle of crones!" "You will need a cohort of peers to go through the aging process with you. I have often had a knee-jerk distaste for the theory that age group is all in your brain. Marina Benjamin weighs the losses and possibilities of our middle years, taking inspiration from literature, technology, philosophy, and her personal experience." Marina Benjamin's memoir will serve as a ease and comfort, a companion to women going right through the too-seldom-spoken of physical and mental changes in middle age and beyond.



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Not recommended A narcissistically negative outlook about menopause, with the author using her own case study (and hysterectomy-induced menopause) as evidence of an inevitable, grim decline for all women. Attempts to become witty, it is simply bitter and sadly self-indulging. It's the autobiography of an "normal woman" at a significant turning point in her existence. Marina Benjamin tells her tale frankly and in such relatable fashion that I would recommend this book to anyone--whether you possess a uterus or not really. A welcome reflection on menopause When I came across this book I was thrilled to locate a door starting into my wife's menopausal experience. For those folks outside this profound transformation, Benjamin's is likely to be the best explanation we have: she leaves us with insight, understanding, and empathy. Her account -- well crafted, solidly researched, and thoughtfully linked with broader reflections on middle age -- could be read with income and appreciation by anyone, perhaps especially husbands. That is a must-read, whether you are in this time of life or not. My admiration for the publication is tempered, though, by a significant omission. Despite many personal stats, Benjamin seems to have been unable to process -- or, at least, to inform us about -- the influence her menopause got *on others.* Menopause is a big deal for everybody in the spousal relationship, in the family members. Addressing this subject would have given the book a robust further dimension. The mysteries and fate of desire after menopause are merely one area that could have benefited from her searchlight. Want to evolve through the menopause changeover? Sure it's intelligently written but this book depressed me to no end. First, Ms. Marina is usually a gifted article writer. Wow. Second of all, Ms. Marina, the rest of this review is definitely drafted for you. A direct message to you. If that doesn't appear to be a thrilling read, i want to say that Benjamin turns her everyday encounters into gold. I'm only on chapter "Heart" having worked my method through organs, hormones, epidermis, and muscle. There are few thoughts (in the text) that I've not had since the decline of estrogen. But all these thoughts had been fragmented and lacking clearness. Sure it's intelligently written but this book depressed me to no end Get ready to cut your wrists, this book will bring you into deep depressive disorder. Menopause is certainly a marker, but so may be the aging and death of a parent, the gathering of siblings, and all the superficially mall but deeply experienced occasions of lifestyle. Marina. It's an integral that unlocks doorways, Ms. Forever grateful. On turning fifty... A beautifully-written meditation on middle age. Thank you. I needed your reserve. I'm very happy I read it and also have shared parts of it with my wife. To be avoided. Outstanding, insightful, delightful, empathetic. We are in need of more books such as this! You pulled them collectively therefore beautifully. Squeeze the Wisdom Out of the Fruity Delight! Marina Benjamin tells her story frankly and in such relatable fashion that I would recommend this publication to anyone--whether you ha While a memoir about menopause is not my usual reading material, "The Middlepause" immediately captured my attention and held it throughout. Four Stars honest explanation of women health essential read intelligent Three Stars Gave it as something special.



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