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Nina Lorez Collins

What Would Virginia Woolf Do?: And Other Questions I Ask Myself as I Attempt to Age Without Apology



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It's also a destination, a location where listeners can nestle in and discover what goes on when women feel safe enough to come on with one another: defy the shame that the lifestyle often throws their way, find solace and laugh aloud, and luxuriate in this new phase of life., which has grown exponentially into a place where females - most with strong views and fierce senses of humor - have remarkably candid, lively, and intimate conversations. Craving a place to go over her questions and problems, and finding none, Nina began a Facebook group with the ironic name, What Would Virginia Woolf Perform? As symptoms of perimenopause set in, she began to dread losing her health, looks, sexuality, sense of humor - perhaps all at one time. Mid-life is a period when women desire to think about purpose, about how exactly to be their best selves, and how exactly to love themselves as they enter the second half of existence. They yearn to acknowledge the nostalgia and sadness that is included with aging, but also need to revel in their hard-earned wisdom. Part memoir and component resource on everything from fashion and skincare to sex and surviving the empty nest, What Would Virginia Woolf Carry out? is a frank and intimate conversation blended with anecdotes and honesty, covered up in a literary joke. When Nina Collins entered her 40s she found herself awash in a ocean of hormones.



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A reliable community of a large number of women, the majority of whom haven't met in real life....But A LOT MORE! In this book, Nina talks about things that women of a particular age consider but rarely discuss openly, with an increase of than a couple of close friends. She has synthesized the many articles from the WWVWD community with her very own research and point of view to create a book that may inspire, educate and support ladies as they age.As a topic matter professional on membership models, in addition to a member of Nina's online WWVWD community, I can say that she's built something rare and special.A Girlfriend's Information to Aging. This book is flippin hilarious! If you are looking for more in-depth technology and even more solutions this is simply not your book, in the event that you simply need some gf to gf discuss whats going to happen and what the author has tried or heard from friends to work - this is it! People state the unsayable and share their biggest issues, fears and hopes. Like her personal tales and her never ending positivity. People are kind and caring and supportive.) This book had me laughing from page 1, nodding along, sighing, and yes, there were a few "Ah ha!If you are a woman noticing how her body, mind and feelings are evolving as she ages, or you like such a female, you should read this publication. bemused by this strange stage of life. family! Posts are candid, well-created and brave." moments. If you're a female, you need this publication. It produced me laugh many times, you will love this candid and thorough book that talks about from sagging breasts, empty nest syndrome, your wardrobe, mood swings, everything. As a female in my own 50s, it's heartening to listen to that lots of other women are similarly confused & A Hip, Wise and Wonderful Browse for the Over-40 Woman (and her close friends & And I believe men might find it useful too - just a little screen into the world! But, how wonderful it is to listen to the shared wisdom of my sisters within these web pages. I love knowing that I am not alone in being sometimes perplexed as of this aging point, and it's great to hear the opinions and experiences of the many women whose comments appear in the book. If you are a woman over 40, or just a female really, you need this book. Now, a long time later and relatively wiser I could fill in most of the gaps for myself. The nice,the poor and the ugly. Like speaking with a girlfriend! I loved this publication. This book has brought me home. I loved every word. So much fun to read, and chock filled with educational and inspirational text messages. DENA. Thanks for bringing me home. ?? When I was 18 I sought out the wisdom in "Our Bodies Ourselves". Filled with everything that encompasses provide a woman. Fun and Enlightening Easy to read, easy to find, and filled with great advice from a large number of women who have shared what functions, what doesn't, and points to consider as we age. I'm an associate of the Facebook group and bought the publication to support Nina. Thank you Nina. Oh my goodness! Houston, we've successful! WWVWD's posts are my favorite things to read. Not really feeling like you are going through it only might help so much and this book can do that. Whatever crazy you 're going through, it is normal, and thankfully, temporary. But what's actually valuable about the city is the lifestyle that Nina and the moderators have built. Among the things that drove me crazy as I was becoming older and my own body started changing had not been knowing what things to expect or what was "normal". I LOVED this book I LOVED this book! I laughed, I cried, and I sensed like I came across my tribe. Nina Collins includes a great writing style and the publication has tons of phenomenal ideas for ladies of a particular age. It was presented in a relate-capable and humorous format, I quite loved it because I knew nothing about it.! Must read Must read if your over 40. But also for every girlfriend for there birthday. Great compilation Handy tips and tricks to read then tell a friend. Ideal for every aging woman I actually couldn't put this book down. I felt like the writer was writing about me. I highly, very highly recommend this wonderful reserve. In this book become familiar with all the details, no matter how ugly,

about what can occur as you age. Personally i think like I've every symptom of pre menopause and now understand I am not by yourself and some of the things I have been feeling could become due to the change of existence. That is a funny reaffirmation that we may as well embrace the crazy time in our lives known as peri menopause. It'll be following to my bed for years to arrive, a warm and useful resource for reassurance and wisdom. Five Stars great read informative, covers a whole lot of ground in case you are new to the over 40 world as a female This was straightforward intro to life over 40 for women. Essential read for all women over 40! The posts cover everything that I'm considering but not necessarily talking about.



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