

*M*artinis & *Menopause*

Strategies, Science,
and Sips that

**Empower
Women**

to Beat the
Hormone Groan

Kelli Jaecks



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Martinis & Menopause: Strategies, Science, and Sips that Empower Women to Beat the Hormone Groan



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Are you convinced menopause is making you crazy? Make a tasty cocktail, get a comfy seat, and learn about what exactly is going on with your body during menopause.) stage of their lives. Martinis & Menopause is for all the women out there entering a new (and exciting! Kelli Jaecks is here to tell you aren't alone, offer you advice on how best to overcome the most common symptoms, and talk about some yummy drink quality recipes.



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Reading the book at this point and can relate this to my . Not only is Kelli an amazing writer but she is a phenomenal speaker Not only is Kelli an incredible writer but she is a phenomenal speaker. This old puppy learned new tricks. Congratulations to Kelli Jaecks for producing an informative, interesting and engaging reserve on a challenging subject.. Her humor, combined with educational details and insight in to the woman body and menopause produces a quick go through! and with a lovely dose of humor. Empowering Informative Funny and Truthful Wish I had go through this book a couple of years ago! I am sharing this. I have not yet experienced the privilege of viewing her speak, but if she's anything as interesting and entertaining as her publication - it would be a real pleasure! I LOVE Martinis and Menopause and want it could have come ... I LOVE Martinis and Menopause and want it would have come out about 10 years ago. I acquired so very much embarrassment around popular flashes. I read your book this weekend.However, that could have meant Kelli Jaecks would have to be 10 years older or going right through the phases of premenopause and I really do not wish that on her. I actually've seen Ms.? We am still finding useful guidance, loving the non-public sharing and I I have something to recommend to close friends caught in the depth of premenopause. The book is incredibly informative, current, and an excellent self care reference no matter your age! I want I'd had this reserve when I was in the perimenopausal years.. I believed that my desirability was over. The author gives scientific answers and solutions for symptoms ladies have with hormonal shifts. Reading the book today and can relate it to my own life. You do a great job!.. You did a great job!. I have not been through menopause however but I am ready for it now! I feel so empowered! The cocktail recipes are a great reward! Too past due for me, but not too late for some of my clients. ESSENTIAL READ for all women experiencing :the modification! I am on holiday and can't put this book down!! Kelli uniquely presents practical tips in a digestible and interesting method. Love the framework and the option of this information she provides. Thanks when planning on taking so openly about this important aspect of feminine physiology and making it fun!Congratulations to Kelli Jaecks for producing an informative, interesting .. I want I would have had it twenty years ago.This book empowers women going right through this transition and lets us know that we can be our best in this stage and beyond. I haven't tried combining the martinis or mocktinis however, but I'll soon. Hoping to complete the reserve this weekend. by it for the women in your lives) to get this publication and create a tribe of support in YOUR community. Even a 50 calendar year old man appreciates this "survival guide"! A positive, fun method to work through the "hormone groan"! I was wanting to read this book to gain insight to what so a lot of my female friends endure. Over 80% of my customers are Females Executives and I obtained so much insight as to the physical and psychological changes a woman may endure. Kelli takes a no nonsense method of probably the most taboo topics that women face. This will become my GO TO GIFT for 2018 and beyond. This will remain in my own business library...permanently!. She actually is filled with wisdom, laughter and humility. A really fun and factual method to Well crafted, with humor and Martini quality recipes as added bonus! A really fun and factual method to present the cold hard facts. Lots of great tips, assets and encouragement. Thanks for all the great drink ideas,too!!! Jaecks professionally speak and she actually is a dynamo. Kelli changed my entire life. I was struggling and experienced so alone when my body and Human brain started going right through these changes. I experienced like everything was "my fault" and she helped me find, and feel, that "hormone groan" is a thing that it is "normal" and that there are solutions and methods to work through this, and it could be finished with a smile.Each day is a journey, and she, along with our tribe which book, are there for me personally at every step. I advise

ALL women (and men! Five Stars A great and refreshing perspective! It really is a great, accessible read that is relatable on so many levels. Thank you Kelli, for this gift. A great gift for women getting ready to go through menopause. Kelli is an excellent presenter. She first found my interest from her work in the Dental Health field. I purchased this publication for my mother. ESSENTIAL READ!!! I plan to use my learnings from Jaeck's book so that I can be a better listener, colleague and friend.. I REALLY LIKE the combination of the martinis and mocktinis to maintain it fun and spicy! Appreciate the structure and the option of this information she .!



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