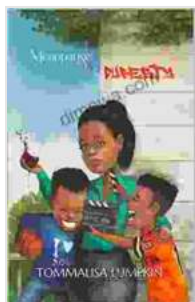


Menopause vs. Puberty: The Untold Story of Two Major Life Transitions



Menopause vs Puberty by Tommalisa Lumpkin

★★★★★ 5 out of 5

Language	: English
File size	: 3004 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 184 pages
Lending	: Enabled
Paperback	: 132 pages
Item Weight	: 6.6 ounces
Dimensions	: 6 x 0.3 x 9 inches



Menopause and puberty are two major life transitions that women experience, but they are often seen as very different experiences. Menopause is often seen as a time of decline, while puberty is seen as a time of growth and change. But in her book, **Menopause vs. Puberty: The Untold Story of Two Major Life Transitions** (She Writes Press, 2023), Tommalisa Lumpkin argues that these two transitions are actually more similar than we think.

Lumpkin, a certified menopause coach and the founder of the website Menopause Warriors, draws on her own experiences with both menopause and puberty, as well as the experiences of other women, to explore the physical, emotional, and social changes that women go through during both

transitions. She shows how these changes can be both challenging and empowering, and she offers advice on how to navigate both transitions with grace and ease.

In **Menopause vs. Puberty**, Lumpkin covers a wide range of topics, including:

- The physical changes that women experience during menopause and puberty, such as hot flashes, night sweats, mood swings, and acne
- The emotional changes that women experience during menopause and puberty, such as anxiety, depression, and irritability
- The social changes that women experience during menopause and puberty, such as changes in relationships, work, and family
- The ways in which menopause and puberty can be both challenging and empowering
- Advice on how to navigate both transitions with grace and ease

Menopause vs. Puberty is a groundbreaking book that sheds new light on two major life transitions that women experience. Lumpkin's insights and advice will help women of all ages to understand and embrace these transitions as opportunities for growth and change.

What Others Are Saying About Menopause vs. Puberty

"Tommalisa Lumpkin has written a powerful and illuminating book about two major life transitions that women experience. **Menopause vs. Puberty** is a must-read for women of all ages." — **Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom***

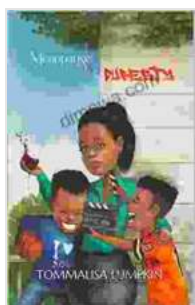
"Lumpkin's book is a game-changer. She provides a much-needed perspective on menopause and puberty, and she offers invaluable advice on how to navigate both transitions with grace and ease." — **Dr. Anna Cabeca, author of *The Hormone Fix***

"**Menopause vs. Puberty** is a groundbreaking book that will help women of all ages to understand and embrace these two major life transitions. Lumpkin's insights and advice are invaluable." — **Dr. Sara Gottfried, author of *The Hormone Cure***

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