



# Hot Flashes Cool Insights: Your Fashion, Beauty, Health & Mindset Guide to Menopause

*Kathy Cagney Rossi*

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Hot Flashes Cool Insights addresses the reinvention of how women today will experience menopause. Every day in the U.S. alone, 6,000 women start menopause. Approximately 60 million American women between the ages of 39 and 53 will be perimenopausal this year. It's estimated that by the year 2015, 1.7 billion women worldwide will be experiencing some form of menopause. That's a lot of women hot flashing all at the same time! Talk about global warming! In this fun and informative book, you will learn and discover: ~What it means to be harmonious – balancing your hormones and why it's so important ~How to be a Passionista and keep your passion even while hot flashin' ~Why humor and a flash flood of creativity play an important role in this process ~Easy ways to stay in fashion - ample size or sample size, you are beauty full! ~Mindset principles for your state of mind during your change of life Over 150 women were surveyed for this book. They responded to questions regarding midlife, menopause and much more. This "broad minded" approach resulted in some very cool insights! So, dear reader, please know that you are not alone and you are not going crazy. We are a divine sisterhood of yo-yo hormones and together, we will triumph over the tribulations.

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