



# Mentalpause: ...and Other Midlife Laughs

*Laura Jensen Walker*

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**Mentalpause: ...and Other Midlife Laughs** Laura Jensen Walker

Laura Jensen Walker went into early menopause after her bout with cancer and can sympathize with other "mentalpause" sufferers and survivors. As in *Thanks for the Mammogram!*, she uses hilarious vignettes and a delightful mix of wit and wisdom to connect with her readers. With chapters about how "All Varicose Veins Lead to Rome" and "PMS Is a Picnic in the Park," this book helps women dealing with "mentalpause" and those around them gain a better understanding--and certainly a lighter attitude--about this passage of life. *Mentalpause . . . and Other Midlife Laughs* will get readers laughing at themselves as they hear Laura lightheartedly describe her age spots, lament her sagging everything, and look anew at love after forty.

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