



Be Your Own Change Guru: The Ultimate Women's Guide For Thriving At Midlife

Susan Paget

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When Susan Paget was 47 years old, she realized that even though she was reasonably healthy, had a happy family life and a career as a television producer - something wasn't right. Unable to sleep, having panic attacks and all around feeling lousy, her own doctors weren't able to get to the bottom of what was going on. It took watching a daytime talk show for Susan to work out that she was smack in the middle of perimenopause - the lead up to menopause. Susan soon discovered a strange code of silence around this natural process and took off on a mission to discover what was happening, how to take charge and feel good during this key time of life. "Be Your Own Change Guru - The Ultimate Women's Guide For Thriving At Midlife" is a step by step guide for making change, specifically for women over 40. The book addresses common midlife challenges including relationship issues, career transition, body image, finding life purpose and facing empty nest and fertility issues while at the same time, weaving Susan's personal journey throughout.

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