



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

By 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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Editorial Review

About the Author

Susan Paget is a writer, speaker, podcaster and vlogger on subjects of midlife, wellness and positive aging. She is the founder of The Change Guru, an online community that helps women over 40 navigate all aspects of midlife change. Originally from California, Susan is the mother of three adult children and is based with her husband in Sydney, Australia.

Users Review

From reader reviews:

Minerva Garrison:

Now a day individuals who Living in the era exactly where everything reachable by match the internet and the resources inside it can be true or not need people to be aware of each details they get. How many people to be smart in receiving any information nowadays? Of course the reply is reading a book. Reading through a book can help men and women out of this uncertainty Information especially this Be Your Own Change Guru: The Ultimate Women's Guide For Thriving At Midlife book because book offers you rich information and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it everybody knows.

Ricky Bradley:

The reason? Because this Be Your Own Change Guru: The Ultimate Women's Guide For Thriving At Midlife is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret this inside. Reading this book close to it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking method. So , still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

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