

# Prepare for life's next period

By 2025 there will be 1 billion women in the world experiencing menopause

## MILLENNIAL MENOPAUSE

*Preparing for*

**PERIMENOPAUSE,  
MENOPAUSE &  
LIFE'S NEXT PERIOD**

LIFE'S NEXT PERIOD

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Get ready to take on menopause with this refreshingly real guide for millennials looking to embrace a new life phase with confidence, humor, and empowerment.

As millennials enter this milestone, this book empowers women with

- Real-life anecdotes
- Professional advice
- Discussions on how menopause is represented, and overlooked, in the media


*Millennial Menopause encourages women to advocate for themselves, embrace their bodies, and navigate this phase with confidence.*

This generation finally has the handbook it deserves—a fresh, relatable, and empowering guide to understanding modern menopause.

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