



Honey, They Shrunk My Hormones: Humor and Insight from the Trenches of Midlife

Caron Chandler Loveless

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With compassion and insight, Caron Chandler Loveless uses humor -- lots of it -- to inspire and encourage women as they face midlife. Loveless writes with sensitivity about more than estrogen and hot flashes; she confronts self-image questions, the empty-nest syndrome, ailing parents, and the fear of letting go, among other topics, and gives a hopeful outlook to the new world that lies ahead.

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Drew Poland:

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Robert Ford:

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common not a nerd activity. So what these guides have than the others?

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