

Seven Transforming Gifts of Menopause

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Synopsis

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Menopause is a dramatic but largely overlooked developmental window to the second half of life. Although today's women are more aware of and actively involved in mapping their menopausal journey than generations before, many still do not see menopause as a time of important psychological and spiritual transformation.

This audiobook goes far beyond hot flashes and gets to the very heart of the midlife journey, helping women find their unique voice and speak their truth in an era of #MeToo and #ChurchToo. Coming alongside listeners as a wise spiritual guide, pastor and theologian Cheryl Bridges Johns identifies seven key developmental "tasks" of menopause and gives practical ways women can embrace each one. She encourages women to view these tasks as gifts as they experience the remarkable physical, emotional, and spiritual transformation that occurs in this stage of life.

Written in a warm and conversational tone, this audiobook helps women chart a course for the future, leading them to a renewed sense of identity, a more focused vision for life, and a deeper spirituality.

Reader's comments

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