



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

By Susan Paget

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

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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- Sales Rank: #2749214 in Books
- Published on: 2014-01-31
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .46" w x 6.00" l, .62 pounds
- Binding: Paperback
- 204 pages

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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.

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