



# **A Strange Period.: Insights Into The Bizarre Experiences Of Perimenopausal Women**

*Sheryl Gurrentz, Cindy Singer*

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Have you been wondering if maybe you are experiencing early Alzheimer's, a thyroid problem, or some mysterious physical disorder that might explain some of the strange physical and mental changes you are experiencing? If so, and you are in your 40's or 50's, there might be another explanation for your feelings: perimenopause. This stage of life, with all its confusing feelings and embarrassing bodily functions, is mysterious, frustrating, and long-lasting. It deserves to be discussed even though it can be awkward to sit in the coffee shop with your girlfriends and have a conversation about topics such as vaginal dryness or hairy chins without attracting unwanted attention. Believe us, we have tried it! And, even if you are comfortable discussing it, your girlfriends might not be, even in private. Nevertheless, it is really important to know what other women have experienced. Then you'll know what's "normal," what's happening and what's to come. **A Strange Period.** is packed full of surprising, funny, and reassuring information about the subtle and not-so-subtle experiences that comprise the journey from regular periods, to anything but regular periods, to the end of periods. Period.

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