



**[(Dear Menopause, Bring It On! : Bring on the Weight, the Wrinkles, the Sagging and the Hormone Shifts - I'm Prepared to Fight Back.)]
[By (author) Ann Sandretto] published on
(August, 2011)**

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I didn't want menopause to ruin my life... or even change it a whole lot. So, I decided to start learning everything I possibly could about menopause, the symptoms, the causes of the symptoms, the patterns that other women had experienced and the advice that doctors and other experts were recommending. As menopause arrived in my life - I was ready for it. I watched for signs and fought back with every trick I had learned. When I talked to friends, they'd share stories with me, and I'd tell them about the secrets and tips I learned. After a while, I started hearing "You should write a book..". so I did!"

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