



**[(The Adventures of Swamp Woman : Menopause:  
Essays on the Edge)] [By (author) Ferida Wolff]  
published on (December, 2004)**

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*Ferida Wolff*

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Menopause is always talking to women: in our 30s when we hear our biological clocks ticking; in our 40s when we begin to see changes in our bodies; in our 50s when the night sweats keep us awake and the hot flashes interfere with our work, and we question our sexuality and our femininity; in our 60s when we are often feeling passed over and overlooked. Now, with nearly 32 million of us, and an estimated 45 million by the year 2020, on the frontlines of menopause battling hot flashes, night sweats, heart palpitations, mood swings, and sleepless nights, there is a need for acknowledgment, understanding, and most of all honesty about a major change in women's lives. The Adventures of Swamp Woman is that acknowledgement. Swamp Woman talks back to menopause in these sassy, brassy real-life essays and provides us with an opportunity to look at midlife through new eyes, to laugh at ourselves, to commiserate, and to share our common experiences. Ferida Wolff has contributed stories to the Chicken Soup for the Soul and Chocolate for the Woman's Soul series and is the author of Listening Outside Listening Inside, a book of inspirational stories about listening to our inner messages. Her essays appear in newspapers and magazines across the country. She also has published fifteen books for children. Cover Design by Michael Wolff

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