



Making Peace With Menopause

*Embarking on the Journey
of Your Lifetime and Living
to Tell the Tale ©*

By

**Carrie Pierce &
Kris Cavanaugh Castro**

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Published by Shift Inc. & MidlifeMystique.com
2017 ISBN 978-0-9849855-2-4
2010 ISBN 978-0-9826636-4-6

Companion Workbook & Diary ISBN 978-0-9826636-5-3

Cover design, illustrations and book graphics by Danny Cavanaugh, owner of Cavanaugh Designs. Danny's website is www.cavanaughdesigns.com.

Some of the information in this book was adapted from Kris Cavanaugh's first book, *Stuck To C.E.O.*

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If you are interested in attending our Making Peace With Menopause Boot Camp®, go to www.MakingPeaceWithMenopause.com.

*"Attitude is a little thing
that makes a big
difference."*

- Sir Winston Churchill,
British prime minister
during WWII

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**Introduction from
Kris and Carrie:**

*‘Making Peace with
Menopause’*

An Introduction from Kris and Carrie

Welcome to the new Updated and Revised 'Making Peace with Menopause©' Home Study Program!

The goal of this program is to help you become more aware of your power of choice in feeling a more consistent sense of well-being and fulfillment as you transition through the very powerful time that is Menopause.

It is our belief that Menopause actually can be The Change - for the Better and comes at a time in a woman's life when she can be most ready to acknowledge and embrace its many gifts, challenges and mysteries.

This time is - without a doubt - a safari of the Self and Soul and demands much from the woman strong enough to make the journey.

We fully believe that you are such a woman - and we congratulate you for joining with us as we embark on this grand adventure together!

You'll notice as you proceed through the manuscript and accompanying workbook that they are geared to educate and coach you during your transition into, and through, Menopause.

The educational information this program contains is to help you truly understand what happens during Menopause so you are fully aware of what physical changes you can expect and what emotional effects may occur.

The life coaching aspect of this program will allow you to dig more deeply into the way you feel about Womanhood - and how you approach your life as a whole. By the end of this program you will discover the 'whys' behind your actions, beliefs, and thoughts along with enhancing your personal skills so that you manage every area of your life more effectively.

Be advised as you read through this material, you may at times notice certain key points or phrases repeated throughout the book. This is done on purpose, because the points and/or phrases matter!

With that said, we now ask you an important question:

Is Menopause wrecking your life?

Are you suffering hot flashes, fuzzy thinking, weight gain, night sweats, insomnia, loss of libido and/or emotional symptoms?

Worse yet, are folks starting to notice?

If so, you're not alone...

You're the very reason Carrie and Kris met and developed the 'Making Peace with Menopause©' program!

Just like you, Carrie and Kris are journeying through their own Menopause experience in their professional and personal lives. And, just like you, they've had to learn to maneuver through the unexpected challenges and rough times that have appeared along the way.

Carrie and Kris met several years ago when Carrie joined a group coaching program Kris was facilitating virtually for several business owners across the U.S. As the program progressed, Carrie was impressed by Kris' laser-like ability to tap into what was holding each group member back from the life they longed to have. After the program ended, Carrie called Kris to suggest she consider applying her coaching talents to Midlife women all over the world. Kris agreed, and a powerful program – and partnership – was formed.

Despite living on opposite coasts (Carrie lives in Washington State - just a ferry ride from downtown Seattle; Kris lives in the metro-Atlanta area) and having never met in person, Carrie and Kris' joint expertise produced an amazing and innovative approach to managing the transition through Menopause by

utilizing a life coaching and Menopause educational perspective – relatively unique in the Menopause market!

That was over 6 years ago-- and things have only gotten better since then!

Together they coach Midlife women - and men - through the oftentimes rough and rocky terrain that IS Midlife.

In April of 2009, Carrie (then President of Menopausurus.com) joined forces with Baby Boomer Knowledge Center. They polled several thousand middle aged women going through Menopause. The results were astounding!

Survey Results:

Participants were asked three carefully phrased questions, and all responses were kept strictly anonymous.

The three questions asked were:

- 1) Has Your Menopause Experience Been as You Expected It Would Be?
- 2) Do You Feel You Were Adequately Prepared for Your Menopause?
- 3) What Has the Worst Part of the Menopause Experience Been for You?

A total of 2,124 women participated in the poll and the findings were rather eye opening, in both positive - and negative - ways.

Of those women participating in the poll, the majority (38% of respondents) reported that: Yes, they felt well prepared for Menopause by their female friends/female family members/and their own research.

Another 38% reported that no one prepared them and they had to educate themselves solely as to what to expect during Menopause.

Only 14% of respondents reported that their Physician and/or OB-GYN prepared them for the Menopause process... a number we find rather alarming and disturbing. Clearly women are not getting the information they deserve - and should receive - about this very important and potentially difficult time of transition.

When reporting their symptoms, most participants stated:

- 1) The mood swings and emotional/psychological difficulties were the worst for them. (33% reporting)
- 2) The hot flashes/night sweats were the worst. (24% reporting)
- 3) The weight gain was the worst. (19% reporting)
- 4) 'Other symptoms were the worst for me' came in fourth place in the polling results.

Tied with 26% of respondents reporting, we learned that the GENERAL experience of Menopause was split right down the middle - with some women stating that the overall experience of Menopause was 'not as bad as they had expected' and the same percentage reporting that it was 'worse than they had expected.'

That being said, however, in compiling this report one statistic did catch Carrie and Kris off guard and gave them cause to rejoice:

ZERO percent of respondents reported feeling that Menopause was a time of mourning the loss of fertility and/or the perceived loss of 'womanhood'!

That proved extremely encouraging to them - and was proof positive that women ARE successfully changing their beliefs about the Menopause process, and this generation is the first to break out of stereotypical beliefs surrounding this time in a woman's life.

So armed with these new statistics and the insights they provide, Carrie and Kris created the 'Making Peace with Menopause©' program and ask you this one all-important question:

Are YOU ready to embark on the journey that is Menopause and become the Life Adventurer that this journey demands?

If your answer is 'YES!' then let's get started!

Carrie and Kris' Promise to You:

This program will help:

1. Keep you clear and focused on how to move through your Menopause transition. It is structured in a way that allows you to journey through the materials logically, and each section is designed to build upon the next.
2. Strategize your actions for maximum effectiveness with minimal effort so that you always know exactly what you need week in and week out to achieve your Menopause transition goals.
3. Upgrade your life and coping skills for healthier day to day living. Having strong life skills speeds up the entire Menopause transition process. Along the way you'll discover what skills you may need to develop or enhance to help you become a successful ADVENTURER in your life.
4. Optimize your environment for maximum health and beauty so that there are fewer distractions, and so achieving your Menopause transition goals and maximizing the gifts and blessings of your Menopausal experience becomes effortless.
5. Master your psychology to better handle mood swings. This will also help you identify and overcome any fears, doubts, limiting beliefs, or insecurities that might be negatively impacting your life.

And here's a helpful hint for you:

If you take the time to block out 10 minutes every Sunday and Wednesday to ask - and answer - the following questions, you will naturally stay on track with whatever you are seeking to accomplish from week to week:

- Am I doing a good job keeping clear and focused about my goals and direction?
- Am I working toward completing my intended action steps this week?
- Are there any personal Life/Coping skills I am lacking that I need to address?
- Have I optimized my environment in order to reduce stress and distractions?
- Are there any fears, doubts, limiting beliefs, or insecurities that might be holding me back? If so, what are they and where did they come from? How am I feeding them?

Carrie and Kris sincerely hope their program will be as potent, as powerful - and empowering - for you as it was for them.

They're now reaping the many benefits that 'Making Peace with Menopause©' affords - and it's their deepest desire that you will too!

After completing the program, please feel free to contact them and let them know of your individual experience.

They really DO care - and their heartfelt wish for you is that this time of change will truly prove to be a time of welcomed 'Change-for the Better!'

Together, they are planning a series of Midlife, Menopause Educational/Symposium Cruises to various exotic locations. They'd love to have you join them.

Bon Voyage!

Our Promise To You

This program will help:

1. **Keep you clear and focused on how to move through your Menopause transition.** It is structured in a way that allows you to journey through the materials logically, and each section is designed to build upon the next.
2. **Strategize your actions for maximum effectiveness with minimal effort** so that you always know exactly what you need week in and week out to achieve your goals.
3. **Upgrade your life and coping skills for healthier day to day living.** Having strong life skills speeds up the entire process. Along the way you'll discover what skills you may need to develop or enhance to help you become a successful ADVENTURER in your life.
4. **Optimize your environment for maximum health and beauty** so there are fewer distractions and so that achieving your goals and maximizing the gifts and blessings of your Menopausal experience becomes effortless.
5. **Master your psychology to better handle mood swings.** This will also help you identify and overcome any fears, doubts, limiting beliefs, or insecurities that might be negatively impacting your life.

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- Are there any fears, doubts, limiting beliefs, or insecurities that might be holding me back? If so, what are they and where did they come from? How am I feeding them?

PART ONE:

The Road Map: Core Beliefs and Feelings about Menopause

'Our Inner Self is speaking - and we should listen. She has so much to say to us...'

Core Beliefs and Feelings About Menopause

Menopause, despite being a perfectly natural phase in a woman's life, often brings with it numerous beauty and health challenges, depression, and a host of other physical, mental, and emotional challenges.

Our bodies (and minds) are changing - and it can be a tough transition as we watch our outer appearance change right along with our shifting inner hormones.

It is often the outer changes accompanying Menopause which cause the most grief and despair - *not the actual Menopause itself!*

Some of us are better able to embrace these physical and emotional changes - and actually look forward to watching the aging process unfold - by choosing to see it as a badge of Honor and Courage gained by living Life bravely and meeting all of its challenges and struggles successfully.

A time of freedom, relief and celebration.

Yet, for others, the process of Menopause can be traumatizing.

These women continually attempt to measure themselves by the beauty 'yardstick' of their youth, and they grieve the perceived 'loss' of their youthful beauty and vitality.

Very simply put, Menopause isn't a disease process - it's a normal, natural part of being a Woman Alive - but you certainly wouldn't guess it!

This time of change in a woman's life is met unfavorably by our youth-driven culture and is also very often misrepresented by pop culture.

It is also treated by many as a *disease* process... something to be battled and/or corrected at any and all costs.

Many women are caught by surprise - taken rather off guard when the journey of Menopause begins.

As women, we are so much better prepared to experience our first period than we are our LAST period.

Society in general - and our parents in particular - had a lot riding on our coming of age and our wise handling of the consequences.

Unprepared, sexually active young women can rain down a host of inconveniences upon their families: unplanned pregnancies, sexually transmitted diseases, cycles of pain and/or physical illnesses that have lasting impact.

Health classes (and in some cases, close and trusted family members) taught us about our developing bodies, while magazines bombarded us with not only fashion and makeup tips, but 'How To' articles.

By the time we reached puberty, most of us had a reasonable handle on how the process would unfold and what it was technically all about.

Sadly, that's just not true for us today as we face the winding down of our reproductive cycle.

It's a proven phenomenon that young girls who are taught to feel positive about the act of menstruation - and the process of womanhood - seem to have fewer medical issues surrounding their cycles: less pain, less cramping, fewer emotional symptoms.

One has to wonder, if we as women were taught to *embrace* Menopause - instead of viewing it as an 'ending', a 'loss', a time of 'illness and aging' (or 'enemy to be conquered at all costs') would we fare better with the process?

There are certain aspects of Menopause women seem afraid to talk about, share or even acknowledge. However, it's these very

aspects which provide the deep, profound and rather mystical side to the Menopause process.

By ignoring them, we miss a key opportunity to embrace the very essence of Womanhood - and Life - itself.

Menopause, for most women, brings with it a host of strange feelings and happenings - not of body per se...not strictly of emotions per se...and not of mental discord per se.

There is something which accompanies Menopause that is rather profoundly that of Spirit; a sense memory deep within most women that transports them - often when they least expect it (step by step) on an emotional review of their lives.

Without warning, memories resurface - sometimes in snippets - oftentimes fully formed as though we were experiencing them for the first time; graphic memories from our young years: our first kiss, the feel and scent of our first boyfriend... how that first silky, slinky fabric felt against our skin...our first sexual encounter.

Aches and pains from long forgotten injuries can act up from out of nowhere at this time too- cravings we used to have may now resurface; literally, voices from our past can echo in our minds; various scenes from our past can play out before our eyes - just like a scene from a movie projected on a screen.

Our mature self is brought directly into contact with the ghost of our young self once more; almost as Spirit's way of saying 'Look! Look how far you've come and how very much you've blossomed on your journey!'

Sadly, instead of allowing this phenomenon to occur - and thus reaping the rewards, benefits and freedom these 'visitations' bring with them - many women clamor to stifle them, remove themselves from them and shut them down out of fear, anguish, panic, regret or pain.

Our Inner Self is speaking - and we should listen! She has so much to say to us.

Menopause is so much more than just an inner shifting of hormones and a cessation of our reproductive fertility.

It is a plateau on Life's journey and should be treated with reverence, respect - and appreciation.

It is *not* an ending - but is instead a beginning. A beginning of Life lived with wisdom and maturity, fullness and freedom.

Perhaps if we chose to change our perspective of Menopause *just the slightest* we would find that we are much deeper vessels than we ever realized; and from our deep internal cistern there is much healing water left to pour forth.



‘The process of Menopause- for most women - brings with it a host of strange feelings and happenings - not of body per se...not strictly of emotions per se...and not of mental discord per se.

There is something which accompanies Menopause that is rather profoundly that of Spirit; a sense memory deep within most women that transports them - often when they least expect it (step by step) on an emotional review of their lives...’

Carrie E. Pierce's Biography



The Cosmetics and Skin Care industries have been Carrie's career focus for over 25 years.

Beginning in the 1980's she worked as Guest and Corporate Makeup Artist for numerous international cosmetic companies.

The excitement and challenge of the film, fashion and television industries lured her - and she soon began providing special effects and other makeup services for film and television productions, major fashion shows and TV news teams throughout the United States.

After apprenticing with numerous award-winning makeup artists, Carrie also studied restorative and corrective makeup procedures to assist burn and scar patients.

Returning to school in 1991, she received her Aesthetics licensing and also became certificated in Color Analysis.

During this time, Carrie became aware of the rather toxic ingredients routinely used in skin, hair and body care products - as well as in color cosmetics - and devoted herself to learning about Holistic skin care and natural product formulation. Carrie then went on to serve as a cosmetics and skin care manufacturing and marketing consultant, serving corporate clients internationally.

It soon became her mission to educate women - and men- about non-toxic grooming, and the crucial role the skin plays in overall health.

It was during this time Carrie began to build a network of wonderfully talented and caring licensed professionals - all of whom share an interest and passion in alternative medicine, holistic skin care, all natural health and beauty practices, women's health issues and anti-aging research.

It matters greatly to Carrie - and the MidlifeMystique.com team - that women be shown a healthier, more loving way to be the best they can be – especially as they move through the Menopause process.

Carrie is available for seminars, women's symposiums, private and corporate consulting, writing projects, radio appearances and research projects delving into the topic of Menopause/Menopausal skin health/beauty and its many and varied effects on women.

Testimonials and Additional Information about Carrie can be found on the MidlifeMystique.com website.

Carrie can be reached directly by contacting:

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Kris Cavanaugh Castro's Biography

Kris's background includes over 20 years of experience training and mentoring individuals. As a speaker, author, and coach, Kris believes the key to a successful life begins with a person's ability to manage their life in the same way a C.E.O. manages a company.



Kris is an expert strategist with an amazing ability to pull her clients through difficult challenges to obtain the life they truly want. Her company, Shift™, specializes in helping people who are feeling stuck or overwhelmed take back control of their lives by cultivating a C.E.O. mindset so their businesses, organizations, departments, and personal lives thrive. Her clients experience a higher quality of life by the end of her coaching programs, allowing them to gain a deeper sense of well-being and satisfaction in every life area.

Kris looks forward to developing relationships with all her clients, and truly loves watching their lives transform dramatically during the coaching process. There is nothing better to Kris than knowing every day she has a chance to make a difference in the world around her – one life at a time!

Recent testimonies about Kris include:

"At the time of my conversation with Kris Cavanaugh, I had an idea about what I wanted to do with my career, but no game plan. I didn't know where to begin. Kris helped me focus on what was important to me and we created a strategy for executing a plan to achieve my goals. Her energy was contagious; by the time our conversation ended I was excited about my future. I would definitely recommend talking to Kris if you need clarity and/or someone to get you back on track with your goals."

- Thyreast Pinckney-Clark

“I just completed a coaching program with Kris Cavanaugh.

I had been in a sales rut for a while and needed some motivation or some type of program to push me forward. The one thing I wanted to achieve by the end of the program was to become more self-confident and more at peace with my decision-making skills. From meeting to meeting we discussed my visions and worked on creating action plans to achieve my goals. The most amazing result of this program is that I do feel more empowered. That's important for a self-employed person and a sales person. The difference in my life is now I can make time decisions without feeling so guilty.

I feel more at peace when I am working and not working. When you start the program with Kris, you do discuss some core values. These core values help you propel yourself into a better place mentally. I feel that I have made an investment in my future and my present. There is not a better time than

NOW - to invest in yourself. If you don't make the goals, have accountability for these goals, they will just get lost on your desk. Thank you Kris!"

- Trish Gates, Employee Benefits Specialists, TGI

Kris is interested in:

- Speaking Opportunities (either tele-conference or in person anywhere in the world)
- Networking opportunities
- Developing relationships with people and organizations that value personal development programs

She can be reached by contacting:

Shift™ Inc.
404-551-3601
Info@BeginToShift.com
www.BeginToShift.com



“Take your treasured dreams out of that crowded old closet, dust them off with loving care, and give each one a long hard look.

Forget that they’re too far out. Forget that they’re hopeless or too unthinkable. Forget that someone will think you’ve lost it. Forget that you might be called selfish. Forget those things!

Wanting is not only your right; it is an absolute prerequisite for a happy life”

~ Lynn Grabhorn,
“Excuse Me, Your Life Is Waiting”

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