



# The Fifth Decade: Is It Just My Life or Is It Perimenopause

*Deborah R. Wagner*

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## **The Fifth Decade: Is It Just My Life or Is It Perimenopause** Deborah R. Wagner

The "Fifth Decade" enlightens women and their families about the shifts to women's emotional states, their bodies and their sense of wellbeing during their midlife years. With balanced, accessible and humorous discussions of female physiology and psychology as well as current treatment options, author and psychologist Deborah R. Wagner Ph.D., provides a forum to help her readers get comfortable with the volatile, powerful and colorful decades of life in the 40s and 50s. With added advice for families---including a segment for partners and children---as well as candid discussions on the impact of unanticipated (but interconnected) conditions such as anxiety, depression, changing body image, loss of feelings of empathy and nurturing and empty nesting, Dr. Wagner delivers a potent blend of science and comfort in a voice that women identify with easily. A compelling insight for women and their loved ones, "The Fifth Decade" provides a roadmap to the chaos. . .hormonal and otherwise. . .of midlife.

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