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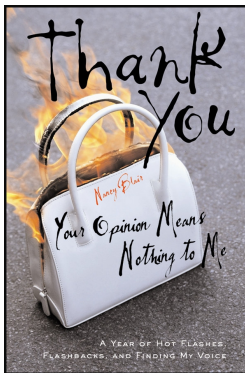
FOR YOUR REVIEW

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*“This is not your mother’s menopause. Blair’s tone is both brazen
and New Age...baby boomers will relate.”*

—PUBLISHERS WEEKLY



Thank You, Your Opinion Means Nothing to Me

A Year of Hot Flashes, Flashbacks, and Finding My Voice

Nancy Blair

Nancy Blair is hot and bothered. In her sexy, wry, menopause memoir **Thank You, Your Opinion Means Nothing to Me** (Element Books), Nancy goes through The Change with an artist’s zeal, and she shares her mid-life moments in a poignant, wickedly funny voice. This is the diary of a steamy year of hot flashes, family drama, and soul searching.

Nancy’s astute sense of humor is reminiscent of Anne Lamott with a dash of Christiane Northrup, and **Thank You, Your Opinion Means Nothing to Me** is at once universal and deeply personal. As she warns in her preface, “dying—becoming aware of my own mortality—is precisely what my body, mind, and spirit were calling me to the table for. Not that I was dying of anything *specific*.” With sassy wisdom, Nancy navigates the tumult of the year: night sweats in overdrive, sex drive in neutral, her elderly mother moving back in, the joys of enduring female friendships. Through it all, **Thank You, Your Opinion Means Nothing to Me** offers an intimate peek into love, loss, mid-life second-guessing, and the delicious freedom that finally comes with change.

—more—

About the Author

NANCY BLAIR is an author and artist. Her previous books include *Amulets of the Goddess* and *Goddess in a Box*. She lives in Melbourne Beach, Florida.

Thank You, Your Opinion Means Nothing to Me

by Nancy Blair

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