

# THE GIFT OF MENOPAUSE



**6 KEY MISTAKES  
MOST SOUTH ASIAN WOMEN MAKE  
AND HOW TO AVOID THEM.**

**Geeta Bhatia**

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# Why I Wrote This Book

Menopause is a journey many women will experience, but few of us are prepared for it.

**For me, this realization came too late.**

My mother passed away in 2022, and I missed the opportunity to truly understand her menopause experience.

I had so many unanswered questions, and as I reflect on this, I realize how much our culture—our Desi, South Asian upbringing—taught us to keep menopause hidden.

We rarely spoke about it at home, and it was almost never discussed openly in the workplace.

It was a silent struggle, endured alone.

**Breaking the Silence**

This silence leads to unnecessary suffering for many women.

I wrote this book because I want to change that.

I want to bring menopause out of the shadows and into the light, where we can discuss it as openly and naturally as any other phase of life.

My hope is that by sharing my journey, this book will make menopause a conversation we have not only in our homes but also in our workplaces and communities.

### **Helping the Next Generation**

As a mother of two daughters, I feel a deep responsibility to empower the next generation.

I want my daughters—and all women—to be informed and prepared long before menopause begins.

It is my goal to educate not just women but also spouses, children, and the younger generation, so that we can build a more understanding and supportive society for menopausal women.

### **My Own Menopause Story**

During my own menopause journey, I experienced immense stress, especially at work.

Even as a life coach and someone who has always been a health-freak, I still ignored the early symptoms of menopause.

I was too busy managing my career and family, much like many of you might be.

Looking back, I realize how common it is for women to overlook their own needs during this time.

This book is my effort to offer strategies for working women to manage both their careers and menopause with grace and confidence.

## **The Menopause Mistakes**

We need to start paying attention to menopause earlier.

The sooner we recognize it and address the challenges it brings, the better off we will be.

By taking action now, we can redesign our lives and live the way we've always wanted to.

I've made many of the mistakes I'll share with you in this book. Over time, I realized just how

critical these mistakes were, and how they slowly drained my energy and joy.

These mistakes are often subtle, but they take us downhill as we age.

But here's the good news: by avoiding these mistakes, we can unlock a whole new chapter in our lives and truly thrive during menopause.

We should be able to talk about menopause openly.

Together, we can break the silence around this topic. This is not a journey to be taken alone—we need each other. I cannot do it by myself, and neither can you.

## **Why Are You Reading This?**

Now, take a moment to think about why you picked up this book. What do you hope to learn?

I want to ask you: Why are you reading this book?

Take a moment to think about your “WHY.”

If your “WHY” is strong, then you are already on the right track.

I want to congratulate you on taking this step. You are here because you’re ready to make a change, and I’m here to guide you along the way.

Whether you’re getting close to menopause, going through it right now, or want to help someone who is, this book is here to help you.

Let's learn about menopause together and make it a positive part of our lives!

# Dedication

To My Mother,



This book is dedicated to my incredible mother, Surekha Mahajan (Suman Kinkar before marriage), who has been my greatest source of love and strength.

Despite not having a formal higher education, my mom was broad-minded, kind-hearted, and wise. She never judged me, only loved me unconditionally.

She was there during my lowest points in life, always offering support without question.

She didn't teach me or my sister Sonali how to cook because she'd always say, "You'll learn when you get married!"

She believed in giving us the freedom to grow.

Her beautiful smile radiated warmth, and even during her 12-year battle with cancer, she remained determined to live fully.

She never let cancer define her and was always hopeful about life. She lived with royal grace, never lowering her standards, no matter the challenges.

My mother was a powerful inspiration, always teaching me to dream big and raise the bar in my life. Her unwavering love and support guided me through every challenge.

When I moved to the U.S., she selflessly took care of my elder daughter, Simran, who was only 2.5 years old at the time.

The bond she created with Simran and later with my younger daughter, Sia, was unbreakable. She had a deep love for my brother Sachin and trusted my sister-in-law Sanchi completely.

My mom was the heart of our family, and anyone who came into her presence felt instantly loved and embraced by her warmth and generosity.

Even 30 days before she passed, she was still taking care of everything, including my father.

Her resilience was extraordinary. I missed her menopause journey, but I dedicate this book to her memory as a tribute to her strength, love, and wisdom.

Thank you, Mom, for being my guiding light. I am forever grateful.

I love you, Mom, and I miss you every day.

With love,

**Geeta**

# What We Will Learn Together

Welcome to this transformative journey through menopause.

In this book, we'll explore six common mistakes most South Asian (Desi) women make during menopause.

And even more importantly, we'll discuss how to turn these mistakes into opportunities—what I like to call "**The Gift of Menopause.**"

Many of us grow up believing that menopause is a curse, something to be feared and endured.

But, my dear friends, let me assure you:

**Menopause is a gift, not a curse.**

It is a profound, life-changing transition that can span 30 to 40 years of our lives.

With the right mindset and tools, we can use this gift to thrive and live the life we've always dreamed of.

This book is designed to help you make that shift. We'll address not only the mistakes women commonly make but also the wisdom, resilience, and strength that menopause offers us.

I recommend reading this book with an open mind and heart.

There's no need to rush through it or take notes—simply focus on understanding the ideas presented and reflecting on your own experiences.

As you progress through the chapters, let yourself relate deeply to the concepts.

This book is not just about knowledge; it's about transformation.

# The Six Common Mistakes

In the following chapters, we will dive deep into the six mistakes that most South Asian women unknowingly make during menopause.

These mistakes are not just challenges; they are opportunities to learn, grow, and embrace the gifts menopause offers.

First, let's do a quick overview of the main six mistakes:

## **1. Denying and Fearing Menopause**

Many women deny they are going through menopause, driven by cultural stigma or fear of aging.

We'll explore how to recognize menopause early, accept it fully, and view it as a new chapter of life rather than the end of something beautiful.

## **2. Letting Volatile Emotions Control You**

Hormonal changes can lead to emotional highs and lows. This is natural, but it doesn't mean you have to let your emotions rule your life.

We'll talk about ways to manage emotional turbulence and regain control.

### **3. Ignoring the Need for Daily Habits and Routines**

As we navigate menopause, our body's needs change.

We'll discuss the importance of establishing healthy daily habits, including diet, exercise, sleep, and stress management.

We'll also discuss how putting these routines in place can make menopause much more manageable.

### **4. Neglecting Yourself While Taking Care of Others**

South Asian women are often taught to prioritize family and others over themselves.

We'll explore how this mindset can lead to burnout and why self-care during menopause is not a luxury but a necessity.

## **5. Failing to Set Healthy Boundaries**

Many of us struggle with setting boundaries, whether with our families, workplaces, or even our own expectations.

This chapter will teach you how to create and maintain healthy boundaries to preserve your energy and well-being.

## **6. Not Embracing the Gift of Menopause**

The final and perhaps most crucial mistake is failing to embrace menopause as a gift.

Menopause is a time of personal transformation.

We'll discuss how you can unlock the full potential of this phase and make it the best chapter of your life.

# Who Is This Book For?

This book is for you if you're a woman around the age of 35 or older, starting to notice the early signs of menopause.

Whether it's subtle changes in your mood, your energy levels, or your body, this guide will provide the clarity and support you need to navigate this transition with confidence and ease.

This book is also for you if you're a **Desi woman** who feels isolated or misunderstood in your menopause journey.

I know how cultural expectations and the silence surrounding menopause in our communities can leave you feeling lost.

My goal is to open up the conversation, helping you feel seen, understood, and supported as you take on this new chapter of life.

If you're a woman who wants to **thrive, not just survive**, through menopause and beyond—someone who aspires to feel good, look good, and live life to the fullest even after 40—then this book is here for you.

It's designed to help you overcome the challenges of menopause and emerge stronger, more vibrant, and more empowered.

However, you might be thinking, "**Geeta, I'm not experiencing menopause yet. How is this relevant to me?**"

That's a fair question. But even if you're not there yet, the information in this book will prepare you for what's to come.

It will empower you to recognize early symptoms and take action before menopause becomes overwhelming.

And if there are other women in your life—friends, sisters, mothers, or colleagues—this knowledge will equip you to support them with compassion and understanding.

Or perhaps you're thinking, "**Geeta, I just don't have time to read this right now.**"

I hear you—time is precious, and life is busy.

But investing just an hour of your time into this book could save you years of confusion, stress, and struggle.

The tools and strategies I'll share are designed to simplify your journey, not add more to your plate.

Maybe you're thinking, "**I've already gone through menopause. I don't need this.**"

That's completely understandable. But even if you're post-menopausal, the insights in this book are valuable.

Menopause doesn't end when your periods stop.

This book will help you continue caring for your health and well-being, so you can thrive for the decades ahead.

Or maybe you feel like you've got it all under control. You might be thinking, "**Geeta, I'm managing menopause just fine. How will this help me?**"

That's fantastic, and I'm glad to hear it! But there's a difference between managing menopause and **truly thriving** during this beautiful phase of life.

This book is about unlocking your full potential during menopause, helping you not just survive

but excel and embrace this new era with open arms.

### **Self-Assessment Quiz Example (End of the Chapter: Who Is This Book For?)**

Let's take a moment to evaluate your readiness to engage with this book and the journey of menopause with a short quiz:

#### **1. Who can benefit the most from this book?**

- A) Women who are already experiencing menopause
- B) Women who are not yet in menopause
- C) Both A and B

#### **2. What is one key reason to invest time in reading this book?**

- A) It will prepare you for future menopause symptoms
- B) It offers valuable strategies even if you've already gone through menopause
- C) Both A and B

#### **3. How does the book describe the difference between surviving and thriving during menopause?**

- A) Surviving is about managing symptoms, while thriving is about embracing the gifts menopause offers
- B) Surviving is just about getting through the day, thriving means excelling in all areas of life
- C) Both A and B

**Answer Key:**

1. C
2. C
3. C

# Who Is Coach Geeta?

I'm Geeta, a mom, wife, and menopause coach with a unique blend of personal experience and professional expertise.

My journey as a woman, mother, and professional has shaped my approach to menopause coaching in profound ways.

I am passionate about helping women—especially **Desi women over 40**—navigate the journey of menopause and beyond with resilience, emotional balance, and empowerment.

I've been married for over 31 years, and I am a proud mother of two beautiful daughters, Simran and Sia, who are 26 and 18.

We live in the heart of North Carolina, where I enjoy creating cherished memories with family and friends.

At my core, I am a lifelong learner. I find joy in discovering new things, and I thrive on dance, travel, and connection.

These moments feed my soul, keeping me grounded and inspired.

But beyond my passions, there are certain **core values** that define who I am and shape everything I do, both personally and professionally.

These values are:

1. Growth: I believe in continuous personal development and helping others evolve.
2. Respect: Honoring oneself and others is fundamental to all healthy relationships.
3. Love: Compassion and care are at the heart of my interactions with clients and loved ones.
4. Freedom: I advocate for women's autonomy in all aspects of life, especially during menopause.
5. Trust: Building trust with my clients and encouraging self-trust is crucial for transformation.

These values not only guide my life but also inform my coaching philosophy.

I bring these principles into every interaction, ensuring that the women I work with feel respected, understood, and empowered to grow.

## My Professional Journey

I come to you with over 30 years of professional experience, spanning **corporate roles in IT, business, and coaching** in both India and the United States.

My diverse background allows me to blend practical business strategies with holistic coaching approaches, creating a unique toolkit that empowers women to take control of their lives, especially during the often turbulent time of menopause.

But here's something even more important: **I've gone through menopause myself.**

I understand firsthand the challenges and the emotional roller coaster it can bring. As a South Asian woman, I am deeply familiar with the cultural expectations and stigmas that can make this transition even more isolating.

That's why I am so committed to making this book—and my coaching—an open space where

we can break the silence, share our stories, and thrive together.

## My Coaching Philosophy

In my coaching practice, I use **simple yet powerful tools and strategies** designed to help women over 40, particularly those navigating menopause.

These methods are not overly complicated; they are practical, actionable, and tailored to fit seamlessly into your life.

I believe in meeting women where they are and providing them with the guidance they need to overcome the specific challenges that arise during this phase of life.

Through years of working with women in midlife, I've developed what I call the "360-Degree Success Framework."

This comprehensive, step-by-step guide is designed to help you not just survive menopause, but truly thrive during and after this transition.

The framework addresses all aspects of a woman's life affected by menopause, including:

- Physical health and symptom management
- Emotional wellbeing and stress reduction
- Relationship dynamics and communication
- Career and personal growth
- Spirituality and self-discovery

I firmly believe that **menopause is not something to fear.**

In fact, I see it as an extraordinary opportunity—a time to reflect, to shed old patterns, and to embrace the next chapter of life with a fresh perspective.

That's why I call it the **Gift of Menopause**.

As we journey through this book together, my goal is to help you reframe your perspective on menopause.

By sharing my experiences, insights, and proven strategies, I hope to empower you to see this transition as a time of immense potential for growth and positive change.

In the chapters that follow, we'll explore the common mistakes women make during menopause and how to avoid them.

We'll delve into practical techniques for managing symptoms, improving relationships, and rediscovering your passion and purpose.

Most importantly, we'll work on embracing menopause as the gift it truly is - a time to step into your power and create the life you've always dreamed of.

# Purpose Of This Book

The purpose of this book is simple: **to wake you up, challenge your current views on menopause, and inspire you to take action today.**

Yes, today. I want to equip you with practical steps that you can start implementing right now.

As you continue reading, I hope your fears about menopause will begin to melt away—much like ice cream on a hot summer day, but without the mess!

Menopause doesn't need to be something you dread.

By the time you finish this book, you'll no longer feel stuck, fearful, or uncertain.

Instead, you'll be confident, in control, and empowered to make meaningful changes in your life.

I want you to open your eyes to the **amazing opportunities** that lie ahead of you.

In these pages, I will guide you toward a deeper understanding of yourself and your body, while giving you the tools to thrive in this transformative stage of life.

Far too often, we ignore ourselves, putting our needs on the back burner.

But menopause is a time to **reclaim your sense of self**, and this book will show you how.

By the end, my hope is that you'll feel motivated and energized, ready to take action with a renewed sense of inner confidence.

I ask you now: **Are you ready to break free from the common menopause mistakes and embrace the true gifts this phase of life has to offer?**

Pause and ask yourself that question. Truly reflect on it.

If the answer is YES, then why wait any longer?

Remember, the best life is waiting for you, and it begins right here, right now.

Trust your intuition that led you to this book. As the saying goes, "When the student is ready, the

teacher appears." Your presence here suggests you're ready for this transformative journey.

# Menopause and Myths

Let's begin by clearing up a major misconception:  
**menopause is not an illness, nor is it a disease.**

It is a **natural life transition**, one that all women go through, but how we understand and approach it can make all the difference.

While menopause can bring challenges, it also opens up new perspectives and opportunities for growth, self-awareness, and renewal.

For many of us, the word "menopause" is something we only vaguely understand.

The common belief is that once our periods stop, menopause is over, and that's the end of it.

But that's a huge oversimplification of what's really happening in our bodies.

Unfortunately, many men only associate menopause with the stopping of periods—if they know about it at all.

There is much more to menopause than meets the eye, and both women and men need to be better informed about what it really entails.

## **What Is Menopause?**

Menopause is a **natural part of a woman's life cycle**. It usually occurs between the ages of 45 and 55, when a woman's periods stop completely.

However, **menopause is not simply the end of menstruation**; it involves a complex shift in hormones, particularly the decline of estrogen, which has wide-reaching effects on the body.

There are many **myths and misunderstandings** surrounding menopause, and it's important to address these to help women make informed decisions about their health.

Let's explore some of the most common myths:

### **Myth 1: Menopause Means the End of Your Sex Life and Femininity**

This is absolutely not true. **Menopause does not mark the end of your sexual vitality or your femininity.**

In fact, many women find that their sex lives improve post-menopause, as they feel more comfortable in their bodies and free from the concerns of menstruation or pregnancy.

You can be as vibrant, sexy, and feminine as you want to be at any stage of life.

Menopause is not the end; it's a transition, and in many cases, it's an opportunity to reclaim your sense of self.

## **Myth 2: Menopause Is the Same for Every Woman**

Nothing could be further from the truth.

**Every woman's menopause experience is unique.** While some may have mild symptoms, others may face more significant challenges.

Factors such as genetics, lifestyle, and overall health can influence how a woman experiences menopause.

It's important not to compare your journey with someone else's, as every body responds differently to hormonal changes.

## **Myth 3: Menopause Only Affects Your Periods**

While menopause does mean the end of menstruation, it **affects much more than just your periods.**

As your estrogen levels decline, these hormonal changes impact your entire body, influencing everything from your mood and energy levels to your bone health and heart function.

Symptoms can include hot flashes, night sweats, mood swings, insomnia, and even memory issues.

Understanding the full scope of how menopause affects your body will empower you to take proactive steps toward managing your health.

## **Myth 4: You Can't Do Anything About Menopause Symptoms**

This is a common misconception. **You absolutely can take action** to manage your symptoms and support your health during menopause.

In fact, the earlier you start, the better. Taking steps in your 30s or even earlier—such as adopting a balanced diet, regular exercise, stress

management, and ensuring you get enough sleep—can help ease the transition.

Being proactive about your health before, during, and after menopause will benefit your entire body, helping you feel better equipped to handle any symptoms that arise.

### **Myth 5: Menopause Is a Disease and There Are No Treatments Available**

Let's be clear: **menopause is not a disease.**

It is a natural phase of life, and while it comes with its challenges, there are plenty of treatments and resources available to help you manage your symptoms.

Though research into menopause may be lacking compared to other areas of women's health, **there are options**—from lifestyle adjustments to hormone replacement therapy (HRT)—that can greatly improve your quality of life.

You don't have to suffer through menopause silently.

There are solutions, and seeking help is the first step toward feeling better.

## **Understanding the Truth About Menopause**

By dispelling these myths, we begin to see menopause for what it truly is: a normal, natural life transition.

It doesn't mean the end of vitality, femininity, or enjoyment.

In fact, it can be a time of **renewal**, where you take control of your health, embrace your body's changes, and step into a new phase of life with confidence.

So, I ask you to look at menopause with new eyes.

Instead of seeing it as something to fear, let's view it as an opportunity—a time for reflection, self-care, and growth.

## **Self-Assessment Quiz: Menopause and Myths**

Let's test your understanding of the myths surrounding menopause with a quick quiz:

### **1. What is menopause?**

- A) A disease that affects women
- B) A normal part of a woman's life cycle where her periods stop
- C) The end of a woman's sex life

### **2. Is menopause the same for every woman?**

- A) Yes, all women experience menopause in the same way
- B) No, every woman's menopause journey is unique
- C) It depends on when menopause starts

### **3. Can you take action to manage menopause symptoms?**

- A) No, you just have to let the symptoms pass on their own
- B) Yes, you can take steps like adjusting your diet and managing stress
- C) Only if you start after your periods stop

### **Answer Key:**

1. B
2. B
3. B

# The Four Stages of Menopause

Before we dive deeper into the complexities of menopause, it's essential to understand that menopause is not a singular event but a journey made up of several stages.

These stages are often misunderstood, which can lead to confusion and uncertainty for many women.

By gaining a clearer understanding of the **four stages of menopause**, you'll be better equipped to navigate each phase with confidence.

To summarize, menopause can be broken down into four distinct stages: **premenopause, perimenopause, menopause, and postmenopause**.

## 1. Premenopause: The Early Years

Premenopause begins when a girl experiences her first period, which usually occurs between the ages of 10 and 15.

In many Desi cultures, this moment is marked by a significant celebration—a rite of passage into womanhood, sometimes commemorated with a traditional saree ceremony.

During this stage, a woman's reproductive system is functioning regularly, and her menstrual cycle becomes established.

For the next 25 to 30 years, women experience the regular rhythms of their menstrual cycles.

In this time, many women undergo major life transitions—completing their education, starting a career, getting married, and having children.

Despite these changes, the reproductive system typically functions as expected, and a woman can still conceive during this time.

## **2. Perimenopause: The Transition**

Perimenopause is the period leading up to menopause, and it can begin several years before a woman reaches menopause.

This stage is often the most challenging because **symptoms start to emerge**.

During perimenopause, menstrual cycles may become irregular, and many women begin to experience **symptoms such as hot flashes, weight gain (especially around the belly), sleep disturbances, mood swings, and brain fog.**

It's important to note that even during perimenopause, women can **still** get pregnant.

For some, perimenopause can last anywhere from 2 to 12 years.

This phase can be especially difficult because it often coincides with the responsibilities and demands of midlife—managing a career, raising children, and caring for aging parents.

With so much happening at once, the additional burden of menopause symptoms can feel overwhelming.

If you're currently in perimenopause and navigating these challenges, take a moment to acknowledge how resilient you are.

Surviving through perimenopause is no small feat, so give yourself credit for all that you are managing. You're stronger than you think!

### 3. Menopause: The One-Day Event

Menopause itself is a one-day event, marking the point when a woman has gone 12 consecutive months without having a period.

This day signifies that the ovaries have stopped releasing eggs, and estrogen production has dramatically decreased.

Although menopause is often used as an umbrella term for the entire process, it technically refers to this **one specific day** when a woman transitions from perimenopause to postmenopause.

Tracking your periods is the key to knowing exactly when you've reached menopause.

If you haven't had a period for a full 12 months, congratulations—you've officially reached menopause.

However, I know from personal experience that not all women keep track of their cycles as closely as they should (I didn't), and that's perfectly okay.

The important thing is to recognize the signs and be prepared for the changes to come.

#### **4. Postmenopause: A New Beginning**

After the one-day event of menopause, you enter **postmenopause**, which is the stage you'll live in for the rest of your life.

While many of the symptoms from perimenopause, like hot flashes and brain fog, may start to ease, it's crucial to understand that the lower levels of estrogen can introduce new health risks.

For example, postmenopausal women are at a higher risk for **osteoporosis, heart disease, and other age-related conditions** due to the reduction in estrogen.

Though some of the more uncomfortable symptoms may lessen, your body is still adjusting to this new hormonal balance.

It's essential to prioritize your health during postmenopause—taking steps to maintain strong bones, a healthy heart, and overall well-being.

This is a time to be more **focused on self-care**, to become "selfishly" invested in your health, and to embrace this stage as a new beginning.

## **Understanding Your Stage of Menopause**

Now that we've outlined the four stages of menopause, take a moment to reflect on where you are in this journey.

Are you in the early stages of perimenopause, experiencing symptoms like irregular periods and mood swings?

Or perhaps you've already passed menopause and are learning how to navigate postmenopause.

Wherever you are, it's important to understand your body and the changes you're experiencing.

If you're unsure about your current stage, I've created a **five-minute menopause quiz** just for you.

It will help you identify which stage you're in and provide you with personalized tips to manage your symptoms.

You can find the quiz at  
[www.thegiftofmenopause.com/quiz](http://www.thegiftofmenopause.com/quiz) or simply  
scan the QR code below.



Remember, knowledge is power, and the more you understand about menopause, the better equipped you'll be to take control of your health and well-being.

### Key Takeaways

1. Menopause is a **natural life transition** that occurs in four stages: premenopause, perimenopause, menopause, and postmenopause.
2. **Premenopause** marks the time from a woman's first period until her menstrual cycles start becoming irregular, usually 25 to 30 years.
3. **Perimenopause** is the transition phase leading up to menopause, during which

women may experience a variety of symptoms due to fluctuating hormones.

4. **Menopause** refers to the day when a woman has gone 12 consecutive months without a period, signaling the end of her reproductive years.
5. **Postmenopause** is the stage following menopause, in which women live the rest of their lives and may face new health challenges due to lower estrogen levels.

## **Self-Assessment Quiz: The Four Stages of Menopause**

### **1. What is the defining characteristic of perimenopause?**

- A) The beginning of menstrual cycles
- B) The time when menstrual cycles become irregular, and symptoms like hot flashes and mood swings start
- C) The time after a woman's periods have completely stopped

### **2. How long does the menopause phase last?**

- A) One day, when a woman has gone 12 consecutive months without a period
- B) 12 months
- C) It varies from woman to woman

### **3. What is one health risk that increases during postmenopause?**

- A) Improved bone density
- B) Heart disease
- C) Increased estrogen levels

### **Answer Key:**

1. B
2. A
3. B

# Mistake #1: Fearing and Denying Menopause

As we begin this journey into understanding menopause as a gift, it's essential to confront one of the most common and deeply ingrained mistakes we make:

## **Fearing and denying menopause.**

For many of us, cultural programming has conditioned us to fear or dismiss menopause, making it difficult to acknowledge when it's happening.

But denial only delays what's inevitable and can lead to more complications.

I know this firsthand because I did the same.

I was juggling a career, a family, and the endless responsibilities that come with this phase of life, like so many women my age.

I had very little time for myself, and my focus was almost entirely on my work and my family.

I didn't even track my periods.

There were always more pressing matters. And so, like many of you, I ignored the signs when they first appeared.

I noticed some slight weight gain around my belly, despite no changes in my diet or exercise routine.

I dismissed it, assuming it was just a result of stress or fatigue.

Then, the hot flashes began.

I would wake up in the middle of the night, drenched in sweat and unable to go back to sleep.

Still, I brushed it off as part of being overwhelmed.

At the time, it never occurred to me that these were the **first signs of perimenopause**.

Like many women, I was too busy to consider that menopause was on the horizon.

**I was also in denial.**

I told myself I was too young.

I was in my early 40s—far too soon to be thinking about menopause.

No one had ever spoken to me about it—not my mother, not my friends.

In our culture, **menopause is a silent topic**, something we rarely discuss, even with those closest to us. So, I kept pushing it aside.

I knew the basics: no more periods and no more pregnancy. That sounded great to me—no more monthly hassles!

But still, I couldn't accept that my body was going through this significant change.

The truth is, I wasn't ready to confront the reality that this stage of my life was coming to an end.

Giving birth, nurturing children, and having periods are deeply connected to what it means to be a woman.

*When menopause arrives, it feels like an ending, and that's hard to accept.*

But here's the truth: **denial doesn't stop menopause from happening.**

It is a biological transition that every woman will go through. No matter how much you resist, once it begins, there's no turning back.

### **My Journey with Denial**

I started gaining weight, and my clothes didn't fit like they used to.

I bought pants in my usual size but found that I couldn't button them up anymore.

But even then, I convinced myself that I just needed a stricter diet or more exercise.

I thought I was doing something wrong.

So, I joined weight loss programs.

And while I would lose some weight, I would quickly gain it back.

This cycle repeated itself until I realized that something more was happening to my body.

During those years, I must have lost and gained at least 100 pounds.

I also noticed changes in my mood.

I became more irritable and emotional.

Small things would set me off, and I found myself losing patience at work and with my family.

I would forget why I walked into a room or where I left my phone.

Brain fog set in, and I began to feel like I was losing control of my life.

Does any of this sound familiar to you?

My relationships started to suffer.

I felt isolated and misunderstood, and I became frustrated and angry for no clear reason.

At one point, I even considered divorcing my husband!

My menopause had caused my relationships to hit rock bottom.

I pushed my elder daughter away during her college years, and our relationship was strained.

It broke my heart, but I didn't know what to do.

It wasn't until later that I realized what was happening:

**I was in menopause, and my body was trying to tell me.**

But I had been too busy denying it.

### **The Cost of Denial**

Does any part of my story resonate with you?

Do you recognize some of these symptoms in yourself—weight gain, mood swings, hot flashes, memory lapses, or feeling overwhelmed?

Are you also finding it hard to accept that menopause is happening?

If you're beginning to notice signs of menopause, **don't ignore them.**

Denial will not make it go away.

In fact, denial only makes the symptoms worse and leads to more complications.

The longer you resist, the harder it becomes to manage the physical and emotional changes that come with menopause.

### **Acceptance Is Key to Relief**

By accepting menopause as a natural part of life, you can take control and make this phase more manageable.

Menopause isn't something to fear—it's a gift, but only if you choose to embrace it.

**Denial leads to more complications.** Think of it like any other health issue.

Ignoring the signs won't make the problem disappear; it only makes it more difficult to treat later.

The same is true for menopause. The longer you deny it, the harder it becomes to manage.

On the other hand, **acceptance leads to more relief and control.** Once you accept that menopause is happening, you can begin to take

steps to manage the symptoms and take control of your experience.

You can take this transition as an opportunity to grow, to focus on self-care, and to transform your life in positive ways.

## **Menopause Is a Gift**

Embracing menopause can lead to incredible personal growth and empowerment.

In fact, it can become one of the best times of your life.

By accepting it and taking charge, you can emerge stronger, more self-aware, and more in tune with your body than ever before.

## **Key Takeaways**

- 1. Denial of menopause leads to complications.** Ignoring the symptoms will only make them worse and harder to manage.
- 2. Acceptance brings relief and control.** By acknowledging menopause, you can take steps to manage your symptoms and regain control of your life.

3. **Menopause is a gift.** Once embraced, menopause can become a time of growth, empowerment, and personal transformation.

## **Self-Assessment Quiz: Fearing and Denying Menopause**

1. What is a common reaction to the onset of menopause symptoms?
  - A) Immediate acceptance
  - B) Denial and procrastination
  - C) Relief
  
2. How does denial of menopause affect the experience?
  - A) It makes menopause easier to manage
  - B) It leads to more complications and difficulty
  - C) It stops menopause from happening
  
3. What is the first step to managing menopause effectively?
  - A) Ignoring the symptoms
  - B) Waiting for it to pass
  - C) Accepting menopause as a natural part of life

### **Answer Key:**

1. B
2. B
3. C

# Mistake #2: Letting Your Volatile Emotions Control You

Once you've fully accepted that menopause is happening—or has already happened—you take back some of the power that this transition holds.

One of the first challenges most of us face during this time is our **volatile emotions**.

We are human beings, emotional creatures, and during perimenopause, our hormones go through a significant upheaval.

It's as if our bodies are speaking a new language, one we don't quite understand.

The result?

We start to feel and act in ways that don't feel like "us" anymore.

In my own journey, I found myself crying for no reason at all.

I didn't know why or what was happening.

I felt out of control.

These emotional swings not only impacted me, but they also deeply affected my relationships.

I pushed my husband away.

I snapped at my daughters, sometimes over the smallest things.

At work, I was constantly on edge, ready to lose my patience over minor frustrations.

You know how it is—at work, you can't explode.

So where does all that bottled-up emotion go?

Home, where the family suffers.

And in those moments, it feels justified because you're so overwhelmed, frustrated, and angry.

### **But is it?**

While these emotions are temporary, the damage they can cause may last for days, months, or even years.

Emotional volatility can strain even the strongest of relationships, and once broken, they can be difficult—sometimes impossible—to repair.

As they say “**A broken glass can be mended, but the crack will always remain**”

### **The Impact of Unmanaged Emotions**

Remember, it’s not your fault that your hormones are all over the place.

You didn’t choose this emotional roller coaster.

But it is your responsibility to deal with these emotions in a healthy way, because the truth is, no one is coming to help us.

We need to help ourselves.

If we don’t learn how to manage these volatile emotions, the consequences can be severe.

Relationships may be irreparably damaged.

Divorce rates spike during this time in many marriages, and connections with our children may suffer.

You may notice that many women, particularly those going through menopause, experience major life changes, like leaving their jobs, stepping down from roles, or getting stuck in stagnation at work.

Think about it. Do you want this for yourself?

Do you want your career, your relationships, and your self-confidence to suffer because of unmanaged emotions?

**The answer, of course, is NO.** The good news is that there's a healthier way to deal with these emotions, and it's within your reach.

### **Managing Emotions: A New Skill**

We were never taught how to process emotions in school or any syllabus.

It's a skill most of us must learn later in life—especially during menopause, when the stakes are higher.

**Learning to manage emotions is like learning a new skill:** it's difficult at first, but it will pay off for years to come.

If you're struggling, remember that seeking help is a **sign of strength, not weakness**.

Whether that's professional help, a trusted friend, or resources like this book, you must take responsibility for your emotions.

Even though your hormonal imbalance isn't your fault, it's still your responsibility to deal with it.

The first step is to **recognize and name your emotions**.

For example, "I feel irritated right now," or "I feel sad."

Once you've named it, find a healthy way to process that emotion.

Some women journal their feelings, others write their frustrations on paper and burn it.

Some find solace in talking to a non-judgmental friend. A simple walk outside can sometimes work wonders.

The key is to process, not suppress. By learning to manage emotions, I promise you'll begin to take control of your challenges. You'll feel empowered

because, believe it or not, **you are the boss of your emotions**—not the other way around.

## My “Network Marketing” Story

Let me share a personal story.

In my 40s, I ventured into a network marketing business, selling health and beauty products.

I was filled with excitement and dreams of financial independence.

The mentorships and conferences ignited a fire within me.

But at home, I received no support. In fact, a close friend even rejected me over a \$20 product, and I took it personally.

This was all happening at a time when my menopause symptoms were intensifying.

I was emotionally imbalanced, and everything felt 10 times worse.

Mood swings, frustration, anxiety—it all seemed to collide, making every challenge feel insurmountable.

I was trapped between my dreams and reality, running on a hamster wheel but not getting anywhere.

Then, I learned to acknowledge my emotions instead of suppressing them.

I realized that acknowledging and embracing my feelings—especially during menopause—did not make me weak. It made me human.

Slowly, my emotional state improved, and my business performance followed.

The frustrations that once consumed me started to melt away.

Learning to manage my emotions didn't just improve my business—it improved my life.

## **Managing Emotions for Growth**

So if you find your emotions all over the place, **stop suppressing them.**

It's not healthy. Don't blame stress or overwhelm for your emotional state—acknowledge what's happening and deal with it head-on.

By managing your emotions, you'll regain control of your life and relationships.

You'll feel empowered, more peaceful, and in charge. Emotions are part of being human, but **they don't control you—you control them.**

## Key Takeaways

1. **Unmanaged emotions** lead to stress, relationship strain, and internal conflict. When we let our emotions control us, our relationships with family, friends, and colleagues suffer.
2. **Emotional awareness** is key to peace and control. By recognizing and managing our emotions, we can improve our emotional well-being and regain control of our lives.
3. **Love is the ultimate emotion.** At the end of the day, love—our connection to others—is what matters most.

## **Self-Assessment Quiz: Letting Your Volatile Emotions Control You**

### **1. What is one consequence of letting your emotions go unmanaged during menopause?**

- A) Improved relationships
- B) Strain on relationships and increased stress
- C) Immediate relief

### **2. What is the first step to managing emotions effectively?**

- A) Suppress your feelings and move on
- B) Acknowledge your emotions and name them
- C) Wait for emotions to settle on their own

### **3. How can learning to manage your emotions benefit you during menopause?**

- A) It will make challenges easier to handle
- B) It will cause more stress in the long run
- C) It will have no impact

### **Answer Key:**

1. B
2. B
3. A

# Mistake #3: Not Having Basic Daily Habits and Routines

The next critical mistake many of us make, especially during menopause, is not having **basic daily habits and routines.**

Now, I know you might be thinking, “Here we go again, everyone talks about habits and routines.”

But let me tell you why these habits are particularly essential during menopause, and how they can completely transform your experience during this phase of life.

## The Danger of Overconfidence

As we enter menopause, many of us mistakenly believe we don’t need to change.

*We think, I’m not there yet, or I’ve been through so much before, I can handle this.*

After all, by this stage, we’ve accomplished a lot—whether it’s in our careers, raising families, or personal achievements.

There's a kind of confidence that comes with having navigated life's challenges.

But sometimes, that confidence leads to us ignoring the signs our bodies are giving us.

We think we're invincible, or that nothing bad will happen to us.

But this overconfidence can teach us hard lessons.

### **Let me share the story of a close friend of mine.**

She was an athlete, always active, always eating right. At 47, she was diagnosed with breast cancer.

She hadn't gone to the doctor in years and didn't think anything could go wrong.

That overconfidence and ignoring her body's changes caught up with her.

This was a wake-up call, and many of us fall into this trap.

We think we're still in our 30s, but the truth is, if we continue living as we did in our younger

years—staying up late, ignoring sleep, eating carelessly, overworking ourselves—it's a recipe for disaster.

## The Reality of a Changing Body

I'll be the first to admit that I fell into this trap too.

For years, I considered myself a night owl.

I felt I did my best work late at night and thought my body could handle it.

But after 40, that habit started taking its toll.

I was known as a health freak for years, yet during menopause, I lost control of my body.

I gained 30 pounds, and no matter what I tried—whether it was dieting, exercising, or pushing myself harder—it didn't work the way it used to.

It wasn't my fault. It was the hormonal changes combined with an outdated lifestyle.

But, it's also true that **having basic habits and routines** can help manage these changes.

## The Challenge for Busy Women

I know it's not easy. Most of us are juggling careers, families, and household responsibilities.

Between managing work, kids, cooking, cleaning, and everything else, it feels like there's no time left for ourselves.

Days blur together, and we often feel like nothing has been accomplished.

However, once we enter menopause, this nonstop lifestyle can have serious repercussions on our health.

## Embracing New Routines

So, what can we do differently? The answer is simple: **embrace new routines** that support our changing bodies and minds.

Menopause is a time of transition, and it's the perfect opportunity to create new habits that will serve you for the rest of your life.

There are **five essential elements** you should incorporate into your daily routine:

1. **Eat well.** Focus on balanced nutrition, incorporating whole foods and avoiding processed ones.
2. **Sleep well.** Prioritize getting enough rest to allow your body to recover and heal.
3. **Stay hydrated.** Keep your water intake high to support your body's functions.
4. **Manage stress.** Find techniques—whether it's meditation, breathing exercises, or journaling—to handle stress before it overwhelms you.
5. **Exercise.** A combination of strength training, stretching, and cardio is essential. It's a misconception that one type of exercise—like walking—will be enough. You need a holistic approach.

Think of this as creating the **V2 (version 2)** of yourself. Geeta V2! It's time to upgrade your lifestyle.

It may seem overwhelming at first, but remember my mantra: "**Pick one, win one.**"

Start small by choosing just one habit to change.

Once you've mastered it, move on to the next.

## **Set Yourself Up for Success**

I want to offer a word of caution: **Don't set yourself up for failure** by trying to do too much at once.

Changing your lifestyle overnight isn't sustainable and will only lead to disappointment.

Be kind to yourself.

Set yourself up for success by creating realistic and achievable goals.

Another mantra I live by is "**When I pay, I pay attention.**" For some of us, DIY solutions don't work.

That's okay. Sometimes, paying for guidance or support—whether it's a personal trainer, a nutritionist, or a life coach—helps us stay disciplined and committed.

## **Your Body Needs Care, Now More Than Ever**

This isn't about perfection. It's about **progress** and being kind and patient with yourself. If

you've been ignoring the changes in your body or thinking that you can continue living as you did in your 30s, it's time to **start listening to your body**.

Your health is something you can't buy back later.

If you continue to ignore your aches and pains, or avoid healthy routines, you're putting yourself at risk for major health issues—heart attacks, osteoporosis, Alzheimer's, and even cancer.

Research shows that women over 50, particularly those in postmenopause, are more prone to these conditions due to hormonal changes.

But the control is in your hands.

By developing consistent daily habits and routines now, you can reduce these risks and set yourself up for a healthier future.

## Key Takeaways

- 1. No routines equal chaos and overwhelm.**  
Without daily habits, life during menopause can feel chaotic and overwhelming, leading to more severe symptoms and health issues.

- 
- Consistent routines equal mental stability and physical well-being.** Establishing daily habits provides a sense of stability, improves your overall well-being, and helps you manage menopause symptoms more effectively.
- Your body is changing—embrace it.** Now is the time to adapt your routines to support your body's new needs. Small changes today can help prevent major health risks tomorrow.

## **Self-Assessment Quiz: Not Having Basic Daily Habits and Routines**

### **1. Why is it important to adapt routines during menopause?**

- A) Because your body remains the same as it was in your 30s
- B) Because your body is changing, and maintaining old habits can lead to health risks
- C) Because routines aren't necessary during menopause

### **2. What is one of the five essential elements to incorporate into your routine?**

- A) Only doing cardio exercises
- B) Managing stress and incorporating strength training
- C) Skipping meals to lose weight

### **3. What should you do if DIY solutions don't work?**

- A) Give up
- B) Try harder on your own
- C) Pay for professional help, such as hiring a coach or personal trainer

### **Answer Key:**

1. B

2. B
3. C

# Mistake #4: Neglecting Yourself While Caring for Others

The fourth common mistake women make, especially in our Desi culture, is **neglecting themselves while taking care of others.**

In many ways, this is one of the most ingrained habits we have, and it's time to address it head-on.

## **The Cultural Trap of Self-Sacrifice**

We've already discussed the importance of accepting menopause, managing our emotions, and creating new routines.

But there's another critical aspect that's often overlooked—making **yourself** a top priority.

For many of us, even saying this feels wrong, doesn't it?

That's because our cultural upbringing has programmed us to believe that thinking about ourselves is selfish.

Throughout life, we've constantly put our families before ourselves.

We've played the roles of superwomen—caring for our spouses, children, aging parents, and meeting every expectation society has thrown at us.

But while we do all this, something is lost. **We lose touch with ourselves.**

Life becomes an endless cycle of parties, events, birthdays, and obligations, all while we neglect our own dreams, needs, and desires.

Remember when you were younger—perhaps you were an athlete, a dancer, or a passionate yoga practitioner?

Now, years have passed, and we've completely forgotten those parts of ourselves, running our lives on autopilot.

This kind of **self-sacrifice** is often disguised as “love” or “duty.”

These are noble words, but we pay a **high price** for this. Eventually, we become burnt out, resentful, and disconnected from our true selves.

To make matters worse, we often criticize ourselves for not being “enough” or for not doing everything perfectly.

## The Reality of Self-Neglect

Let’s be real for a moment—just like a car can’t run on an empty tank, you **cannot take care of others** if you’re not taking care of yourself.

It may not seem urgent in your 30s, but once you hit 40, it starts catching up with you.

Yet, many of us **don’t realize it** until years later, by which point we’ve lost precious time.

Imagine what could change if you started thinking about yourself **right now**, at the beginning of your 40s.

If you’re 45 or older, reflect on how different your life could be had you started sooner.

And if you’re over 50, let me assure you—it’s **never too late**.

But remember, the sooner you start, the better.

## **Self-Care Is Not Selfish—It's Essential**

It may feel selfish at first, but trust me, **self-care is not selfish—it's necessary.**

And **thinking about yourself** isn't a luxury; it's essential.

You are not just a wife, a mother, or a daughter—you are a whole, deserving individual with your own dreams, needs, and aspirations.

It's never too late to **fall in love with yourself.**

Start by asking yourself: *What do I need to feel good, happy, and fulfilled?*

And no, I'm not telling you to neglect your responsibilities or abandon your family. But **you** must be a priority.

## **Where Do You Begin?**

The first step is to change your **mindset**. You need to believe that **you are important**.

To help you, I've created the **11 Nitya Niyama**, a simple yet powerful habit tracker designed for self-love and self-care.

You can find it at  
[www.thegiftofmenopause.com/nitya-niyama](http://www.thegiftofmenopause.com/nitya-niyama) or  
by the QR code below.



This tracker will help you reinforce a positive mindset and embrace the daily habits that bring you back to yourself.

Let's start with some **affirmations** you can use today. Stand in front of a mirror, look at yourself, and say:

- "I am healthy, happy, and in control of my life."
- "I am courageous, confident, and calm."
- "I look good, I feel good, I fit good, and I am beautiful."
- "I choose to follow Nitya Niyama because I love myself more than anything else."

These affirmations may seem small, but **starting small** is often the most sustainable way to make real change.

Choose something that makes you happy—something you can do for yourself without relying on anyone else.

Whether it's saying these affirmations or taking time for an activity you love, it's important to be **in control** of your self-care, not dependent on others.

### **Support Is Not a Sign of Weakness**

If you're feeling lost or overwhelmed, remember—it's okay to ask for help.

Whether it's from a friend, mentor, or coach, having someone on your side cheering you on can make all the difference.

You are not alone, and you certainly aren't the first woman to go through this.

Let me share something personal with you.

At home, I'm known as Anju.

And there was a time when I stood in front of the mirror and said, "Anju, I love you. You are beautiful."

That simple act of **self-acceptance** was a turning point for me. I learned to be kind to myself, to stop criticizing, and to bounce back quickly from life's daily setbacks.

Now, I feel at peace.

I'm living my mission, doing what I love, and helping other women avoid the mistakes I made.

This work ignites a fire within me—it's my passion, and I don't feel like I'm working.

Seeing the transformation in other women is my greatest reward.

### **It's Time to Put Yourself First**

If you've been putting everyone else's needs before your own, **it's time to stop.**

It's time to put yourself back on the priority list.

Remember, you are a whole person with your own dreams, needs, and desires.

You are not a robot, and you cannot live on autopilot.

## Key Takeaways

- 1. Self-Neglect Equals Loss of Identity:**

Constantly putting others first can lead to losing your sense of self, your potential, and your purpose. Don't let that happen.

- 2. Self-Love Equals Improved Relationships:**

Learning to love yourself will improve your relationships with others—your family, friends, and colleagues. When you take care of yourself, you have more to give to others.

- 3. You Cannot Pour from an Empty Cup:** Fill

your own cup first, so you can give more to others in a healthy and balanced way.

## **Self-Assessment Quiz: Neglecting Yourself While Caring for Others**

### **1. What is one consequence of constantly putting others first?**

- A) Improved health
- B) Loss of identity and purpose
- C) Increased energy

### **2. Why is self-care important during menopause?**

- A) It's a luxury only for those with extra time
- B) It's essential for maintaining your physical and emotional health
- C) It's not necessary as your body adjusts naturally

### **3. What can you do to start prioritizing yourself?**

- A) Rely on others to take care of you
- B) Set aside time each day for self-care and self-love
- C) Continue ignoring your needs

### **Answer Key:**

1. B
2. B
3. B

# Mistake #5: Not Setting Healthy Boundaries

As we progress in this journey of menopause, it's crucial to understand the importance of **setting healthy boundaries**, which is a major mistake many of us make.

In fact, **Mistake #4** (neglecting yourself while caring for others) and **Mistake #5** are deeply interconnected.

Let's dive into what it means to set boundaries and why it's so challenging for many women, especially those of us from Desi backgrounds.

## The Challenge of Setting Boundaries

Setting boundaries is incredibly difficult, and this struggle often stems from our **childhood and cultural programming**.

We are raised to prioritize family, work, and societal expectations, often leaving little room for ourselves.

We live for others, balancing work, life, and family, often at the expense of our own well-being.

But have you ever considered the **cost of not setting boundaries?**

Some of the repercussions include weight gain, health problems, burnout, depression, strained relationships, dissatisfaction at work, and even anxiety.

The list goes on, but the real question to ask yourself is: *Is it worth it?*

## **What Does Setting Boundaries Really Mean?**

Setting boundaries doesn't have to be complicated.

Think of it as creating **space for yourself** to breathe, recharge, and focus on what truly matters. Here's a simple way to understand it:

- **At work**, setting boundaries might mean saying *no* to extra projects when you're already at capacity.

It could also mean focusing on one task at a time instead of multitasking, which leads to better productivity and a clearer mind.

- **At home**, setting boundaries could mean asking for help, trusting others to contribute, and not expecting perfection from everyone.

It's about **delegating tasks**, managing time and energy, and letting go of the belief that only you can do everything perfectly.

Everyone's situation is different, which is why boundary-setting is not a one-size-fits-all solution. **You need to create a personalized plan** that fits your life, your work, and your family dynamics.

### **Reflective Questions to Help You Set Boundaries**

To help you get started, here are five **self-reflective questions**. Take a few minutes after reading this chapter to write down your answers:

1. **What makes me feel drained or resentful?**  
Identify the people, situations, or tasks

that deplete your energy or make you feel anger or resentment.

**2. Who or what do I need to say no to in order to protect my time and energy?**

List the things or people you find yourself saying “yes” to when you really mean “no.”

**3. How do I feel when I neglect my own needs in favor of others?**

Reflect on how it feels to miss your personal routines—like skipping your walk because you had to take care of someone else’s request. How does this affect you?

**4. What areas of my life do I feel overwhelmed or overcommitted?**

Where are you stretched too thin? Are there commitments you keep saying “yes” to that add unnecessary pressure?

**5. What are my non-negotiables for self-care and personal well-being?**

Imagine your ideal situation—where you have the time, support, and resources to prioritize yourself. What would your non-negotiable self-care practices be? These are the things you will commit to, no matter what.

## Steps to Start Setting Boundaries

Here are a few practical steps to help you begin:

1. **Start small:** Begin by setting just one boundary. For instance, take 10 minutes of *me time* every day—whether that's sitting quietly with a cup of tea or simply closing your eyes for a brief meditation.
2. **Use “I” statements:** Instead of saying, “You never help me,” reframe it as “I need help with the dishes.” This approach shifts the conversation and makes your needs clearer.
3. **Say no with grace:** If saying *no* feels harsh, soften it by saying, “I can’t take that on right now.” This way, you’re polite but firm in protecting your time and energy.
4. **Communicate clearly:** Don’t expect your family to be mind readers. Clearly communicate what you need. If it feels like no one listens, **don’t give up asking**—consistency is key.

5. **Stop feeling guilty:** Guilt is one of the most damaging emotions. When you set boundaries, stop letting yourself or others make you feel guilty for it.

### **My Story: “Mom Retiring”**

Let me share a personal story I like to call **Mom Retiring**—not because I was leaving my career, but because I was stepping down from being “superwoman” for my family.

Growing up, I watched my mom do it all: cooking, cleaning, caring for everyone.

Without even realizing it, I started living the same way.

I became the woman with 10 hands, managing everything, always being there for everyone.

My family relied on me, and I took pride in that.

But after years of living on autopilot, the constant pressure took a toll on my health.

I gained weight, developed diabetes, and felt completely burned out. My relationships began to suffer.

That's when I decided: **Mom is retiring.**

I stopped doing everything for everyone.

At first, my family was confused.

My husband was in shock when I told him I wouldn't be doing his laundry anymore!

But slowly, things changed.

My family stepped up, and they began to appreciate the things I had been doing.

Now, when I help out, I hear "Thank you, Mom," and "Thank you, Anju."

It's amazing how much recognition we receive once we set boundaries.

### **The Importance of Saying No**

Learning to say **no** is an art and a science.

You don't have to be harsh or hurtful, but you do need to make decisions that are **right for you.**

Remember: **It's your choice** to set boundaries, and no one can make that choice for you. Even as

a coach, I can't help you until you decide to take that step for yourself.

## Key Takeaways

- 1. No boundaries = burnout and resentment**

Without clear boundaries, we become tired and resentful of both ourselves and others. Poorly communicated boundaries lead to misunderstandings and strained relationships.

- 2. Strong boundaries = respect and fulfillment**

Setting and maintaining healthy boundaries leads to more respectful relationships and a sense of personal fulfillment. You'll find that others appreciate and respect you more when you protect your own needs.

- 3. Saying no without guilt**

Learning to say no without feeling guilty is a critical life skill. It empowers you to make thoughtful decisions about where to invest your time and energy, ensuring you stay healthy and fulfilled.

## **Self-Assessment Quiz: Setting Healthy Boundaries**

### **1. What is one consequence of not setting healthy boundaries?**

- A) Increased productivity
- B) Burnout and resentment
- C) Improved relationships

### **2. How can you start setting boundaries at work?**

- A) By multitasking to do everything at once
- B) By saying no to extra projects when your plate is full
- C) By accepting every task, even when it's overwhelming

### **3. Why is communicating your boundaries important?**

- A) Because others can read your mind
- B) Because clear communication prevents misunderstandings and conflict
- C) Because it helps you avoid difficult conversations

### **Answer Key:**

1. B
2. B
3. B

# Mistake #6: Not Using the Real Gifts of Menopause

Now, let's dive into our last mistake—**Not Using the Real Gifts of Menopause.**

Yes, you read that right: menopause brings **gifts**. I can almost hear some of you asking, "Geeta, how can you call menopause a gift?"

Many women don't want to think about menopause, let alone see it as something positive.

But menopause spans a significant period of our lives—30 to 40 years—and if we can reframe it as an opportunity, imagine how wonderful life could be.

Let me walk you through how this transition can truly be a gift, and how embracing these gifts can transform your life

## **Embrace the Wisdom Gained Over the Years**

With age comes wisdom—gained through successes, mistakes, and life lessons.

Menopause offers the chance to **reflect on that wisdom** and use it to live the life you've always wanted.

It's an opportunity to **let go of what no longer serves you** and embrace a fresh start.

Think of this as a new beginning, a chance to design the next chapter of your life on your terms.

One of the key changes during menopause is that your children are likely more independent.

They no longer need you to dress them, drive them, or pack their lunches.

So, what will you do with this newfound time?

At first, it may feel like a void, but soon, you'll realize the potential for something more fulfilling.

Perhaps you want to create more **meaningful memories**—a girls' trip, a family vacation, or even a second honeymoon with your spouse.

Many women in their 50s describe a newfound sense of **inner peace** and stability.

Ask yourself: *Am I experiencing this peace?*

Now is the time to live life without regrets, to pursue the things you've always wanted, and to make sure you die without those "what ifs" hanging over you.

### **The Power of Now: It's Never Too Late**

I often hear women say, "I'm too old to learn new things."

But did you know that **your brain can adapt and learn new skills at any age?**

There's ample scientific research to back this up.

So, instead of waiting for retirement to explore new hobbies, why not start now?

A friend of mine once told me she'd wait until she was 67 to learn the guitar.

My response? *Why not start now and be an expert by then?*

Your brain is flexible, adaptable, and capable of learning new things—whether it's a new skill,

hobby, or even a passion project. Don't wait. Ask yourself: *What have I always wanted to do?*

## **Freedom from Menstrual Cycles and Contraception**

Let's talk about one of the **most liberating aspects of menopause**: no more periods and no more worrying about contraception.

Imagine the freedom that comes with no longer needing to carry pads, tampons, or worry about accidental pregnancies.

This is a beautiful time to reconnect with your partner, to cultivate intimacy and enjoy sex without those concerns.

You may also be experiencing changes in your body—and that's okay.

These changes are your body's way of **demanding attention to health and self-care**, which can be a hidden blessing.

As busy women, we often overlook our own needs, but menopause can serve as a **wake-up call**.

The body is telling us to pause, to reflect, and to take care of ourselves.

## New Opportunities for Growth

With your children grown and more independent, you may find yourself with **newfound financial freedom**.

Money that was once spent on your children's activities can now be invested in your dreams.

I remember spending \$500 a month for eight years on my daughter's gymnastics.

Once she outgrew that, I realized that I could use that money for myself—on things I had always wanted to pursue.

Menopause can be the catalyst for exciting new opportunities.

Have you considered starting a new career?

Or maybe taking on a passion project that's been on the back burner for years?

Now's the time to explore those possibilities. The **freedom**, the **wisdom**, and the **liberation** that

menopause gifts you are far more powerful than you may realize.

## **My Menopause Courage Achievements**

Let me share a few of my personal achievements during menopause to inspire you.

These are my “menopause courage” moments—times when I surprised myself with what I could accomplish.

As you read, think about what your own menopause courage moments could be.

- 1. I bought and sold a car**—entirely on my own. This was after I turned 45, and it was the first time I handled a major financial decision like this without my husband.
- 2. I refinanced my home** and improved my credit score. Taking control of my financial future gave me a sense of empowerment.
- 3. I paid off \$70,000 in loans**—in just 18 months. While it wasn’t ideal to have the debt, paying it off felt like a huge accomplishment.

4. **I designed and created my dream office** in my home, hiring a contractor without my husband's help. This was a big deal for me, considering I had never even hung a painting in our house before.
5. **I completed a Master's degree in Cybersecurity** from NYU at age 50. This was a lifelong dream that I achieved during COVID, and it felt like a major milestone in my personal growth.
6. **I rebuilt intimate relationships**—both with my husband and my daughters. While this is a work in progress, I'm proud to say I've become a close friend to my family, which has brought more love and connection into our lives.

### **Keys to My Transformation**

So, what made this transformation possible?

What helped me embrace the gifts of menopause?

Here are a few key strategies that made all the difference:

- **Investing in myself**—whether that's what I put into my body, my skin, or my mind.
- **Loving and forgiving myself**—embracing kindness, even when I falter.
- **Investing in learning**—I never stop upgrading my skills, whether through courses, coaching, or conferences.
- **Taking 100% responsibility**—for my happiness, health, finances, career, and relationships. No one else is responsible for my life.
- **Staying active and creative**—remaining a lifelong student and teacher keeps me motivated.
- **Taking calculated risks**—and following my favorite mantra: “Feel the fear and do it anyway.”
- **Being grateful every day**—and expecting miracles. Miracles happen when you trust the universe and smile through life’s challenges.

## Key Takeaways

1. **Menopause is a gift**—a time of freedom, wisdom, and liberation. Embrace these gifts and see how they can transform your life.
2. **Your brain is still capable of learning**—so don't wait. Now is the perfect time to pursue new skills, hobbies, or passion projects.
3. **Intimacy without worry**—menopause frees you from periods and contraception, offering a new opportunity for intimacy with your partner.
4. **Use this time for self-investment**—whether it's financial independence, health, or personal growth. Menopause is the perfect catalyst for new opportunities.

## **Self-Assessment Quiz: Embracing the Gifts of Menopause**

### **1. What is one of the real gifts of menopause?**

- A) Increased stress
- B) Freedom from menstrual cycles
- C) Constant anxiety

### **2. How does menopause offer more time for personal growth?**

- A) By making you more dependent on others
- B) By reducing your responsibilities, like childcare
- C) By increasing the demands on your time

### **3. What is a key mindset shift to make during menopause?**

- A) That it's a time to slow down and stop learning
- B) That your brain is no longer capable of change
- C) That it's a time to embrace new skills and personal growth

### **Answer Key:**

1. B
2. B
3. C

# Parting Comments: Embrace the Journey and Take Action

As we near the end of this book, I want to remind you of something incredibly important: **do not let this opportunity to grow and bloom pass by.**

Menopause is not something to fear—it's a gift.

Please, embrace it with grace, discover your newfound confidence, and find inner peace.

When you accept menopause as a part of your journey, life will unfold in amazing ways, not just for you but for those around you as well.

**Design the life of your dreams, on your terms.**

This is crucial.

You have the power to shape your future, and you can become unstoppable as you step into this empowering new chapter.

**Remember these words: You are unstoppable.**

# Reflect on the Journey

We've explored the six common mistakes women make during menopause, one by one.

I've shared tips and strategies to help you avoid these pitfalls and provided insights to add as much value as possible within the space of this book.

Now, as we prepare to part ways, let me leave you with a few final thoughts.

You might be thinking: *This all feels overwhelming. I'm not sure I can handle so many changes at once.* And that's perfectly okay.

**Remember: this is a journey, not a race.** You don't need to overhaul everything overnight.

Start with one small step—just one—and see how even that small action begins to shift things in your life.

Before you know it, these little changes will build into a transformation.

## Tailor the Journey to Your Needs

You might also be thinking: *Geeta, I don't relate to all the mistakes you've talked about.*

That's understandable. We're all unique, and not every point will resonate with everyone.

But even if you connect with just one insight, it can have a powerful impact on your menopause journey. **One breakthrough can change your life.**

Maybe you're wondering: *My situation feels different. Will this advice work for me?*

That's a valid concern, and while everyone's experience is different, the principles in this book are designed to be adaptable.

If you're unsure how these ideas apply to your unique circumstances, I invite you to take advantage of a **free 30-minute mini-session** with me, where we can explore how to customize these insights for your specific needs.

You can book your session by going to  
<https://calendly.com/coachgeeta/talkwithgeeta>  
or by using the QR code below.



### **Take Your Time**

It's okay if you're still unsure about taking the next step.

Reflect on what you've learned here. **Take your time.**

There's no rush. Change happens when you're ready, both mentally and physically.

And when you're ready, I'll be here to support you.

Remember: **You are not alone in this journey.**

One of my favorite affirmations, and one I want you to repeat to yourself, is: "**I am determined.**"

Menopause does not signal the end of anything.

In fact, it marks the beginning of a powerful new chapter in your life.

Together, we can transform this time into a journey of self-empowerment, where you'll feel healthy, confident, and in control.

### **Embrace the Gift of Menopause**

I hope this book has helped you navigate menopause with more grace, and that it has provided you with tools to avoid the six critical mistakes we've discussed.

Always remember: **Menopause is a gift, not a curse.**

You may have related to some of these concepts, or perhaps you're facing challenges I didn't touch on.

Everyone's experience is different. Keep an open mind, and do what feels right for you.

I am confident that what you've learned here will help you.

Now, all you need to do is **believe that you deserve the best**—because you do.

**You deserve the best, and you are the best.**  
Keep this mantra close as you move forward: "**I deserve the best, and I am the best.**"

### **Ready to Take Action?**

I'll leave you with this final question, which I've repeated intentionally: **Are you ready to take action?** Ask yourself this question.

Are you ready to take control of your life and design it on your own terms?

The power to create the life you want is within you.

It's been my absolute pleasure to deliver this book to you.

I hope it has added value to your life and given you the motivation to embrace the powerful woman you are.

This book comes from my heart, and I hope you leave it feeling **energetic, healthy, and unstoppable.**

As we part ways, I encourage you to stay connected. Reach out, ask questions, and continue this journey.

Thank you for being a part of this, and remember: **You are capable, you are powerful, and you are in control.**

**Goodbye for now, and I look forward to connecting with you again soon.**

# Suggested Reads

Below is a list of highly recommended books that can help you navigate through menopause with more clarity, self-empowerment, and wisdom.

These books also focus on personal growth, habit-building, and achieving a positive mindset, making them great companions for this life transition.

## 1. *Atomic Habits* by James Clear

- **Why Read It:** This bestseller dives deep into how small, consistent changes can lead to remarkable transformations. For women going through menopause, it's essential to build healthy habits that support both mental and physical health.
- **Takeaway:** Implementing small habits—whether related to self-care, health, or emotional management—can create massive change over time. A perfect read for those looking to regain control over their routines and wellness during menopause.

## **2. *The Magic of Thinking Big* by David J. Schwartz**

- **Why Read It:** This book encourages a positive, growth-oriented mindset that can help women set larger goals and achieve their dreams, even during midlife. It's perfect for those looking to reimagine what's possible in this next chapter of life.
- **Takeaway:** Menopause is not an end but a new beginning. Cultivate a mindset of abundance and possibility, and allow yourself to dream big during this transformative period.

## **3. *Think and Grow Rich* by Napoleon Hill**

- **Why Read It:** Although it's widely known as a book about wealth creation, *Think and Grow Rich* is more about the power of mindset, persistence, and goal-setting—principles that are incredibly valuable during menopause.
- **Takeaway:** Mastering your thoughts and being intentional with your goals—whether financial, emotional, or health-related—can lead to personal success in all areas of your life.

#### **4. *The Secret* by Rhonda Byrne**

- **Why Read It:** *The Secret* introduces the law of attraction, encouraging readers to focus on positive thoughts to manifest their desires. During menopause, adopting this mindset can help you focus on what you want to achieve in terms of health, emotional balance, and happiness.
- **Takeaway:** The law of attraction can be a useful tool for manifesting the life you want as you navigate menopause, reinforcing that you have the power to shape your future with your thoughts and beliefs.

#### **5. *The New Menopause: Navigating Your Path Through Hormonal Change with Purpose, Power, and Facts* by Dr. Mary Jane Minkin**

- **Why Read It:** Dr. Minkin provides an updated and factual guide to menopause, focusing on understanding hormonal changes and how to approach this phase with empowerment and purpose. This book is essential for gaining insight into the scientific side of menopause.

- **Takeaway:** With the right knowledge and approach, menopause can be a powerful transition filled with purpose. Understanding hormonal shifts and treatments will give you the confidence to make informed decisions.

## ***6. The Menopause Brain: The Science Behind the Fog and What You Can Do to Get Your Focus, Memory, and Mojo Back* by Dr. Lisa Mosconi**

- **Why Read It:** This book explores the brain changes that happen during menopause and provides practical strategies to maintain cognitive function, improve focus, and reduce brain fog. It's a fantastic resource for those concerned about mental clarity during this time.
- **Takeaway:** Menopause affects not just your body but also your brain. Understanding these changes and applying scientifically-backed strategies can help you stay mentally sharp and confident.

# Empowering Quotes for Your Menopause Journey

1. "You can't pour from an empty cup. Fill yourself first, then serve others."
2. "Like a cracked glass, relationships can be mended, but the cracks will always remain."
3. "Menopause isn't an end; it's the beginning of a new chapter full of wisdom, strength, and self-discovery."
4. "Boundaries aren't walls to keep people out, but guidelines to protect your peace and well-being."
5. "Self-care is not selfish; it's survival."
6. "Investing in yourself is the most valuable investment you'll ever make."
7. "Embrace the gift of menopause – it's the pause that asks you to put yourself first."

8. "Don't just survive menopause, thrive in it."
9. "Every time you say yes to something, make sure you're not saying no to yourself."
- 10."Menopause is your body's way of asking for attention and love—give it what it needs."
- 11."Feel the fear, and do it anyway."
- 12."Success in menopause isn't about perfection, it's about progress and patience."
- 13."Set your boundaries, love yourself enough to say no without guilt."
- 14."You are the architect of your life. Design it on your terms, with your dreams in mind."
- 15."The real strength is in knowing when to pause, reflect, and refocus."
- 16."Menopause gifts you freedom, wisdom, and the power to write the next chapter of your life."

- 17."Menopause gifts you liberation, wisdom, and freedom—embrace them fully."
- 18."Menopause is a gift, not a curse."
- 19."Live without regrets to die without regrets."
- 20."You can design the life of your dreams on your own terms."
- 21."I deserve the best, and I am the best."
- 22."Feel the fear and do it anyway."
- 23."Small steps today can help you avoid major health risks tomorrow."
- 24."Stop feeling guilty, and don't let others make you feel guilty."
- 25."No boundaries equal burnout and resentment."
- 26."Strong and healthy boundaries lead to respect, love, and acknowledgment."
- 27."I am determined."

- 28."Expect miracles every day."
- 29."Menopause doesn't mean the end; it's the beginning of a powerful new chapter."
- 30."Smile that beautiful smile, and always keep it on."
- 31."Self-care is not selfish; it is essential."
- 32."Menopause won't pause, but you should."

# Summary of the Six Common Mistakes to Avoid During Menopause

As we conclude this journey, let's review the six common mistakes many women make during menopause and how you can avoid them to thrive in this powerful phase of life:

## **1. Mistake #1: Fearing and Denying Menopause**

Many women deny or fear menopause, seeing it as the end rather than a transition.

Accepting menopause allows you to embrace the changes and take proactive steps toward managing symptoms and living a fulfilled life. Denial only leads to complications. Embrace it as a gift and an opportunity to grow.

## **2. Mistake #2: Letting Your Volatile Emotions Control You**

Hormonal changes can lead to emotional swings, which may affect your relationships, career, and self-esteem. Ignoring these emotions only amplifies the struggles. Instead,

recognize and manage your emotions in a healthy way, giving yourself the grace to feel and process them without guilt or shame.

### **3. Mistake #3: Not Having Basic Daily Habits and Routines**

As your body changes, your old habits may no longer serve you. It's important to establish new, supportive routines—whether it's eating well, staying active, or managing stress. Small, consistent habits build a strong foundation for health and well-being during menopause and beyond.

### **4. Mistake #4: Neglecting Yourself While Caring for Others**

Women often prioritize their family and work over their own needs, leading to burnout and a loss of identity. Self-care is not selfish—it's essential. You can't pour from an empty cup, so take time to nurture yourself and reconnect with your passions and dreams.

### **5. Mistake #5: Not Setting Healthy Boundaries**

Without clear boundaries, you risk

overcommitting and overwhelming yourself. Whether at work or home, setting boundaries allows you to protect your time, energy, and mental health. Learn to say no without guilt and communicate your needs clearly with those around you.

## **6. Mistake #6: Not Using the Real Gifts of Menopause**

Menopause brings with it newfound freedom, wisdom, and opportunities. It's a time to let go of what no longer serves you and pursue the passions and dreams you've postponed. Don't miss out on this incredible phase by focusing only on the challenges—use it to reinvent yourself.

By avoiding these six mistakes, you will unlock the true gifts of menopause: empowerment, freedom, and a new sense of purpose.

You have the power to transform this stage into the most fulfilling chapter of your life!

# Ready to Take the Next Step?

**Congratulations!** Now that you've learned how to avoid the *6 Important Mistakes* during menopause and how to handle them with confidence, you are well on your way to embracing the true gifts of this life transition.

While you can absolutely take the insights from this book and implement them on your own, sometimes having guidance makes all the difference.

If you'd like personalized support to navigate this journey, I invite you to **book a free 30-minute mini-session** with me.

**During our session, we will:**

- Discuss your current challenges, goals, and how you're managing menopause.
- Explore practical insights to help you move forward with more clarity and control.
- See if we're a good match to work together for further support.

This is a no-obligation, pressure-free conversation. My goal is to provide reassurance and help you understand what's happening in your menopause journey—so you feel empowered and never alone.

If you're ready to take action, gain clarity, or simply explore your next steps, I'd love to hear your story.

**Book your call here:**

<https://calendly.com/coachgeeta/talkwithgeeta>

Let's embrace this menopause journey together!

With love and support,

**Coach Geeta**

# Menopause and South Asian Women: Stats and Research-Backed Insights

## Divorce Rates and Menopause

Menopause can significantly impact relationships.

Research shows that 70% of women experiencing marriage difficulties cite menopause as a contributing factor.

As women navigate the emotional and physical changes of menopause, divorce rates often rise.

Notably, over 60% of divorces among women aged 40 to 60 are initiated by the women themselves, coinciding with their menopausal years.

*Sources: Research from the Family Law Menopause Project and Newson Health, Woman & Home Magazine, The Independent*

## Heart Disease and Menopause

South Asian women face a higher risk for heart disease, especially post-menopause.

Studies indicate that they develop coronary artery disease earlier and more severely than other ethnic groups, often due to risk factors such as diabetes, hypertension, and central obesity.

These risks are exacerbated by the hormonal changes during menopause.

*Sources: MASALA Study, [www.heart.org](http://www.heart.org), Cadi Research*

### **Bone Density, Osteoporosis, and Menopause**

Osteoporosis is a major concern for postmenopausal South Asian women.

Research highlights that South Asian women have lower bone mineral density (BMD) compared to Western counterparts, increasing their risk for fractures in the hip and spine.

Vitamin D deficiency and lower calcium intake further compound this risk, making early screening and preventive measures crucial.

*Sources: University of Surrey, ScienceDaily, BioMed Central*

### **Brain Fog, Alzheimer's Disease, and Menopause**

Many menopausal women experience "brain

fog," including memory lapses and difficulty concentrating.

The risk of Alzheimer's disease increases with age, especially in women, as estrogen, which has a protective effect on the brain, decreases after menopause. South Asian women, like many others, should be aware of these risks and not hesitate to seek help.

*Sources: The British Menopause Society*

### **Cultural and Social Barriers and Menopause**

Menopause remains a taboo subject in many South Asian communities, leading to a lack of awareness and support. This cultural silence exacerbates the challenges women face, often leading to stress and untreated symptoms, as many women are hesitant to seek help due to societal stigmas.

*Sources: Gupta, R., Verma, S., Sharma, N.*

*"Psychological Impact of Menopause in South Asian Women: A Cross-Sectional Study." Asian Journal of Psychiatry, 2020*

### **Cancer and Menopause**

Breast cancer is a significant health concern for

South Asian women, particularly during and after menopause.

Cultural stigmas, a lack of awareness, and delayed diagnoses result in poorer outcomes. South Asian women are less likely to participate in breast cancer screening programs, and hormonal changes during menopause can increase the risk of developing breast cancer.

*Sources: NIHR ARC East of England, National Survey – The Results*

# Stay Connected

## Have a Menopause Question?

Feel free to reach out via email with the subject "Menopause Question":

 [TheGiftOfMenopause@gmail.com](mailto:TheGiftOfMenopause@gmail.com)  
(Menopause Coach Geeta)

## Join Our Like-Minded Community

Connect with other women navigating menopause in our private Facebook group:

 [Thriving Through Menopause Like a Pro](#)

## Take the 5-Minute Menopause Quiz

Discover where you are on your menopause journey:

 [Menopause Quiz](#)

## Book Your Free 30-Minute Mini Session

Ready for personalized support? Schedule a session with me here:

 [Book a Mini Session](#)

## Follow Me on Social Media

Instagram: [@lifecoachgeeta](#)

YouTube: [CoachGeeta360](#)

## **Visit My Website**

Explore more resources and insights:

 [www.TheGiftOfMenopause.com](http://www.TheGiftOfMenopause.com)

Let's navigate this journey together! 

# THE GIFT OF MENOPAUSE

## 6 Key Mistakes Most South Asian (Desi) Women Make and How To Avoid Them

"Turn your wounds into wisdom.' – Oprah Winfrey

The Gift of Menopause uncovers the six most common mistakes South Asian women make during menopause and provides practical solutions to turn this challenging phase into a time of empowerment, growth, and renewed confidence. Geeta's guide helps women navigate menopause with clarity and control, while also offering families the support needed to embrace this transition together.

### About The Author

Geeta guides women through one of life's most profound transformations—menopause. With over 30 years of experience, she helps South Asian women over 40 reclaim their power, turning this life stage into a journey of awakening and renewal.



Menopause Coach Geeta

Through a unique blend of emotional and mindfulness practices, Geeta leads her clients to rediscover their inner strength and clarity. Her approach transforms the often-overlooked gifts of menopause into opportunities for personal growth, resilience, and a deeper connection to self. You can reach Geeta on:



@coachgeeta360



<http://TheGiftOfMenopause.com>