

MIDLIFE, MENOPAUSE & MAGIC: A NO-NONSENSE GUIDE TO WHAT'S REALLY GOING ON

**BECAUSE YOU AREN'T LOSING YOUR
MIND- YOU'RE COMING BACK TO IT**





WELCOME

Let's clear this up right now: You're not broken. You're not crazy. And you're definitely not alone.

Midlife isn't a crisis. It's a recalibration. Menopause isn't a medical failure. It's a biological revolution. And the truth is: most of us were never taught what this season could be—not just physically, but emotionally, mentally, spiritually.

I created this guide to help you understand what's really going on. No fluff. No shame. Just grounded truth and gentle encouragement. You're not falling apart. You're finally falling back into yourself.

With love and fire,
Ashley xo

WHAT IS MENOPAUSE, REALLY?

Yes, menopause marks the end of your reproductive years. But it's also the start of your most powerful ones. Seriously.

Here's what they don't teach us:

- Estrogen drops—but your clarity rises.
- Your body changes—but your tolerance for BS plummets (and that's a gift).
- Your libido might shift—but so might your understanding of pleasure.

You're not broken. You're becoming.



COMMON SYMPTOMS, REAL TALK

Hot flashes? Check.

Brain fog? Yep.

Night sweats, mood swings, dry everything?

Welcome to the club.

But also:

- Spiritual wake-ups
- Relationship reevaluations
- Dreams returning from the attic

This guide helps you see the full picture, not just the symptom list.



3 MYTHS THAT NEED TO DIE

Menopause is the end of your feminine power. → Nope. It's the beginning of unapologetic womanhood.

You'll lose your sex drive. → Maybe it'll change—but what if it deepens?

You'll be irrelevant. → You're becoming too wise, too honest, and too bold to ignore.





#1

Reframe rest
as necessary,
not lazy.

WHAT YOU CAN DO NOW



#2

Talk to your
body instead
of battling it.



#3

Surround
yourself with
women who
get it.

WHAT YOU CAN DO NOW



#4

Start dreaming
again—even if
you don't know
what that
means yet.



WANT MORE?

My 12-week workbook **Dream Again** is for women who are done shrinking and ready to reconnect with their inner fire.

You'll get:

- Weekly themes, practices, and meditations
- Space to write, rage, laugh, and dream
- Tools to help you meet the woman you're becoming



FINAL WORDS

This isn't your downfall. It's your doorway.

You're not too old. Too late. Too emotional.

Too complicated

.

You're on fire. And that's exactly where your magic lives.

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