FOR HUSBANDS

Her Menopause Book

What every husband needs to know about menopause and marriage

FREE SAMPLE

hermenopausebook.com

Contents

A note before you start 3

Read This First Tonight 4

PART 1. WHAT'S HAPPENING 6

1. Why It Feels Like She Stopped Loving You 7

2. The Good-Husband Moves That Push Her Away 12

Free sample · Get the full book at hermenopausebook.com

A note before you start

This book is for husbands. It explains what menopause can do to a woman and to a marriage, and what you can do about the part that is yours.

It is not medical advice. Nothing here diagnoses, treats or replaces a doctor. Her symptoms belong to her and her doctor. Your behavior belongs to you. This book is about your behavior.

The facts and numbers in this book come from published research, professional guidance and official health agencies, listed at the end. Where research is thin, we say so.

There are no miracle promises here. Some marriages in this season need more than a book, and chapter 11 tells you when. One more thing, said plainly: hormones explain a lot, but they never excuse threats, humiliation or violence, from either side. If that is happening in your home, chapter 11 tells you where to get help.

Most husbands in this situation are not bad men. They are good men using the wrong moves, because nobody ever told them the rules had changed.

Free sample · Get the full book at hermenopausebook.com

Read This First Tonight

If you bought this book after a bad night, you probably don't have time for twelve chapters right now. Fine. Read this page, then go to bed.

Here are three things to stop doing, starting tonight. Each one is explained later in the book. For now, just stop.

1. Stop taking her anger personally

When she snaps over something small, it feels like an attack on you. Very often it isn't only about you. Swinging hormones, poor sleep and stress can all shorten anyone's fuse, and you can't know what's behind a particular moment without listening to her later. Even when the reaction seems bigger than the situation, the concern underneath may deserve attention.

Not taking it personally does not mean accepting abuse. It means not firing back. Say less. Lower your voice. Let the moment pass.

2. Stop saying "it's just your hormones"

Even if it's true, never say it. To her it sounds like "your feelings don't count." It is one of the fastest ways to turn a small fight into a big one. Hormones may be part of it, but you can't know the cause of a particular reaction without hearing her side. Either way, don't dismiss her feelings with that sentence.

Free sample · Get the full book at hermenopausebook.com

3. Stop disappearing

This is the one that surprises men the most. When she seems cold, the natural move is to back off, go quiet and wait. But to a woman who already feels like her body and mind are not her own, a husband who goes silent with no explanation can feel like a husband who left.

If she asks for space, give it, and say when you'll check back in. If she doesn't ask, stay close in small, low-pressure ways. Bring her coffee. Sit in the same room. Say good night. Don't push for talk. Just don't vanish.

That's it for tonight. Tomorrow, start at chapter 1.

Free sample · Get the full book at hermenopausebook.com

Part 1.
What's Happening

Free sample · Get the full book at hermenopausebook.com

CHAPTER 1

Why It Feels Like She Stopped Loving You

If your wife has become someone you don't recognize, here is the first thing you need to hear: this is common, it has a name, and very often it is not about you.

Menopause is a normal stage of life. Technically, menopause is a woman's final menstrual period. Doctors usually confirm it after she has gone twelve months in a row without one. The average age in the U.S. is about 51. Most women reach it somewhere between 45 and 55.

The trouble is that the hard part usually doesn't happen on that day. It happens in the years before it.

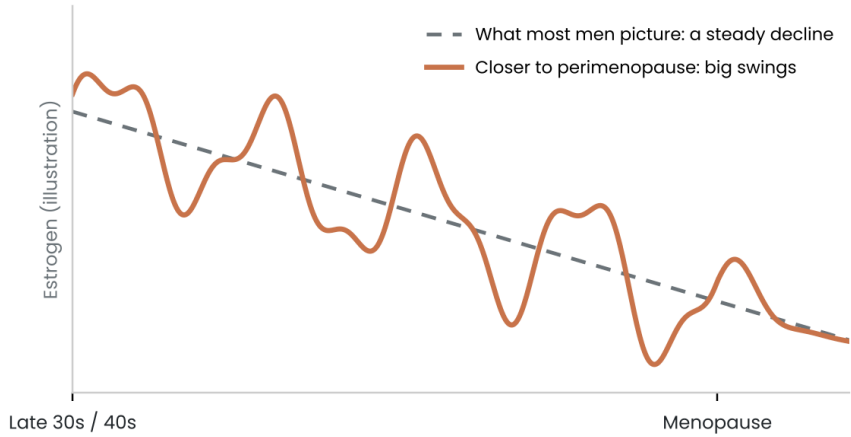
The stage nobody explains: perimenopause

Perimenopause means "around menopause." It is the transition, when ovulation becomes less predictable, progesterone often declines, and estrogen can rise and fall sharply before declining overall as menopause approaches. It often starts in a woman's 40s, sometimes earlier. It lasts about four years on average, and for some women much longer, up to eight or ten.

During these years her hormones don't just drop in a straight line. They swing. High one week, low the next, high again. Researchers who study the menopause brain keep finding the same thing: it's not only the loss of estrogen that causes trouble, it's the

Free sample · Get the full book at hermenopausebook.com

unpredictability.



An illustration, not real data. Many men picture a slow, steady decline (the dashed line). Perimenopause is usually closer to the solid line: big swings up and down on the way down.

If you're listening to the audio: picture a slow, smooth slide downhill. That's what most men imagine. Now picture a jagged line that jumps up and down along that slide. That second line is closer to what many women go through.

Estrogen is not just a "reproductive" hormone. It works in many parts of the brain, including the areas that handle mood, stress, sleep, body temperature and memory. Researchers have described perimenopause as a major transition for the brain, similar to puberty but in reverse.

So when your wife says she doesn't feel like herself, she is describing something real.

Free sample · Get the full book at hermenopausebook.com

What it can look like at home

Not every woman has every symptom, and some have very few. But these are among the most common:

- Hot flashes and night sweats
- Trouble falling asleep or staying asleep
- Irritability, anxiety, sudden tears or anger
- Forgetfulness and trouble focusing
- Lower interest in sex, and physical changes that can make sex uncomfortable
- Exhaustion that sleep doesn't seem to fix

Now picture several of these at once, for months, on top of a job, kids, aging parents and a house to run. That is the reality for a lot of women in their 40s and 50s.

Why nobody warned you

Most men were never taught any of this. In a U.S. survey of 450 men whose partners were 45 to 64 and had at least one symptom associated with menopause (the MATE survey, published in 2019 in the journal Menopause), 63% said their partner's symptoms affected them personally. Most of those men said the effect was negative, on them and on the relationship. The most common damage: arguments, tension and less intimacy.

But here is the striking part. Less than half of the men surveyed knew that treatments for menopause symptoms even exist.

Women aren't always told much either. Many go years without connecting their symptoms to perimenopause. So you can end up with two confused people in one house, each one thinking the other has changed.

Free sample · Get the full book at hermenopausebook.com

EXAMPLE (AN ILLUSTRATION, NOT A REAL COUPLE)

Picture a husband, call him Dan, married 22 years. Over the past year his wife has gone quiet at dinner, goes to bed early and snaps when he asks what's wrong. Dan decides she's unhappy with him and starts spending his evenings in the garage.

What she might have been feeling: worn out from months of broken sleep, unsure why her moods swing, and hurt that he seemed to be pulling away too.

What could help: Dan stops guessing what's in her head. He learns what perimenopause is, stays in the room in the evenings, and at a calm moment asks how she's really been feeling lately. Then he listens without defending himself.

What this means for you

This doesn't mean everything wrong in your marriage is menopause. Some problems were there before. Some are about you. And no book can tell you what your wife feels. The only way to know that is to ask her and listen. This book will be honest about all of that.

But it does mean three things:

- Her coldness, anger or distance is not, by itself, proof that she stopped loving you.
- What used to work between you may not work right now, and that's not your fault or hers.
- There is a lot you can do. Not to fix her. She doesn't need fixing. But to stop making it worse, and to become the person she can lean on again.

The next chapter starts with the hardest truth in this book: some of the things you're doing because you love her are pushing her

Free sample · Get the full book at hermenopausebook.com

further away.

STOP DOING

- × Assuming her coldness means she's done with you
- × Treating every bad day as a verdict on your marriage

START DOING

- ✓ Learn what perimenopause is before your next hard conversation
- ✓ Remind yourself: "This is common, it has a name, and it is usually not about me"

Free sample · Get the full book at hermenopausebook.com

CHAPTER 2

The Good-Husband Moves That Push Her Away

You're not a bad husband. You've probably done exactly what a decent man is supposed to do. You've been patient. You've given her room. You've tried to help solve the problem. You've kept your cool.

And it hasn't worked. Sometimes it seems to make things worse.

Here's why. During this season, many of a good husband's best moves land on her with a different meaning than the one you intended. Nobody explains this to men. So let's go through them one by one.

Move 1: "I'm giving her space"

What you mean: "I respect that you're struggling. I won't crowd you."

What she may feel: "He's gone. I'm alone in this."

When a woman feels like her own body and mind have turned against her, distance from her husband doesn't feel like respect. It can feel like confirmation that she's become too much to be around.

The fix is not to crowd her. As the first pages said, real space is fine when she asks for it. What hurts is silent distance. So stay present without demanding anything. Be in the same room. Touch

Free sample · Get the full book at hermenopausebook.com

her shoulder as you walk by, only if she's open to it. Say "I'm here." Then leave it alone.

Move 2: "I'm being patient"

What you mean: "I'll wait this out without complaining."

What she may feel: "He's enduring me."

Patience that is silent and tight-jawed reads as tolerance, not love. She can feel the difference between a man who is waiting it out and a man who is with her in it.

The fix: patience out loud. "Rough day? Want me to handle dinner?" is patience she can see.

Move 3: "I'm trying to fix it"

What you mean: "I hate seeing you suffer. Let's solve this."

What she may feel: "He thinks I'm a problem."

Men tend to show love by solving. But when she tells you she's exhausted and you answer with three suggestions, she hears that you didn't really listen. Most of the time, she first needs to be heard.

The fix: ask before you solve. "Do you want ideas, or do you want me to just listen?" Then do what she says.

Move 4: "It's probably just hormones"

What you mean: "This isn't your fault. It's biology."

What she may feel: "My feelings don't count."

This one is dangerous because it's partly true. Hormones are often part of it. But when a woman is angry about something real, like an

Free sample · Get the full book at hermenopausebook.com

unfair share of the housework, and her husband points to her hormones, she hears that her complaint is being thrown out.

The fix: take the complaint seriously, even if you don't agree with all of it. Listen for the concern underneath, acknowledge what's fair, and save any disagreement for a calm moment.

Move 5: "I'm keeping the peace"

What you mean: "I won't argue. I'll let it go."

What she may feel: "He doesn't care enough to engage."

Going quiet in a fight feels mature to many men. Researchers who study couples call one version of it "stonewalling": shutting down, giving one-word answers, leaving the room. It is one of the patterns most linked to couples drifting apart. Chapter 7 shows you what to do instead, including a way to take a break that doesn't feel like abandonment.

Move 6: "I'm waiting for her to come to me"

What you mean: "I don't want to pressure her, especially about sex."

What she may feel: "He's stopped trying. He doesn't want me anymore."

This is especially common around intimacy. A man who's been turned down a few times stops reaching out at all. He thinks he's being respectful. She often reads it as rejection. Chapter 9 covers how to reach out without pressure.

Free sample · Get the full book at hermenopausebook.com

EXAMPLE (AN ILLUSTRATION, NOT A REAL COUPLE)

Picture Rob. His wife comes home upset about her boss. Rob listens for thirty seconds, then lays out three things she should do. She goes quiet and leaves the room. Rob is confused. He was only trying to help.

What she might have felt: that he wanted the problem gone more than he wanted to hear her.

What could help: next time, before offering anything, Rob asks whether she wants ideas or just wants him to listen. Then he does what she says.

The pattern behind all six

Every one of these moves comes from a good place. The problem is not your heart. The problem is that the moves were built for a version of your marriage where she was sleeping well, felt like herself and could read your intentions easily. That version is on pause.

Right now, what counts is not what you mean. It's what lands.

That may sound unfair. You're not the one with the symptoms. But you're the one holding this book, and you're the one who can change your moves today.

STOP DOING

- × Judging yourself by what you meant instead of how it landed
- × Defending your intentions when she reacts to your actions

START DOING

- ✓ After a tense moment, ask yourself: "How did that land for her?"
- ✓ Pick one of the six moves and change it this week

Free sample · Get the full book at hermenopausebook.com

This is the end of the free sample.

The full book has 12 chapters, the audiobook (72 minutes) and the 7-Day Plan: one small action a day for the first week.

$67 one time · instant download · 60-day money-back guarantee

Get the full book · $67

Or go to hermenopausebook.com