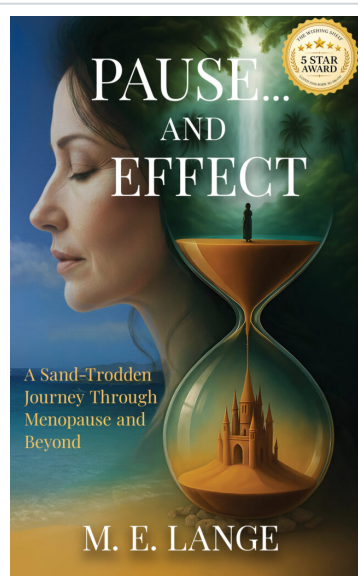


# Pause... and Effect

By m.e.lange.author@gmail.com



## BOOK DETAILS

**Genre** General / Other

## AWARDS & RECOGNITION



**Platinum Award Winner (Novel category)**

WRPN Women's International Film Festival  
2026



**Editorial Review 5 Star Award**

The Wishing Shelf  
2025

## LOGLINE

Stepping aboard the menopause rollercoaster, 52-year-old Lyndsey Barnes finds herself wholly unprepared for its stomach-churning drops, twists, and turns. As it propels her on a journey from the rainy Pacific Northwest to the sun-kissed beaches of the Caribbean, Lyndsey soon finds what she needs to take control and ascend to the pinnacle of her life.

## SUMMARY

Unexpectedly stepping aboard the menopause rollercoaster, 52-year-old Lyndsey Barnes plummets to the depths of despair, until, with the help of friends, a good doctor, and a newfound vision for her future, she regains control and propels herself to the pinnacle of her life.

## ABOUT THE AUTHOR

An award-winning novelist and screenwriter, M.E. Lange moves between the intimate and the epic — from a tender, funny reckoning with midlife in *Pause...* and *Effect* to the sweeping speculative world of *Arc*, now being adapted for the screen as *New Eden*.

Before M.E. (Michelle Erika) Lange turned to writing novels and screenplays as a creative outlet, she had a 30-year career in high-tech engineering, marketing, and technical writing. In recent years, compelled by what she sees as the injustices and ills of our society, Michelle has turned to the page as both therapy for herself and to compel her readers to awaken, think deeply, and act to make their lives and the world at large a better place.

Michelle is married, has two daughters and two step-daughters, and when she's not traveling, splits her time between her native Oregon and the U.S. Virgin Islands.

## LINKS & CONTACT

### Official Site:

<https://www.amazon.com/Pause-Effect-Sand-Trodden-Journey-Menopause/dp/B0GYR5TKB9>

### Available on Amazon:

<https://www.amazon.com/Pause-Effect-Sand-Trodden-Journey-Menopause/dp/B0GYR5TKB9>

