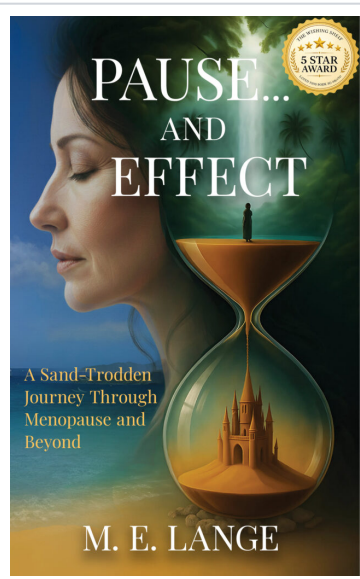


Pause... and Effect

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.

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>

