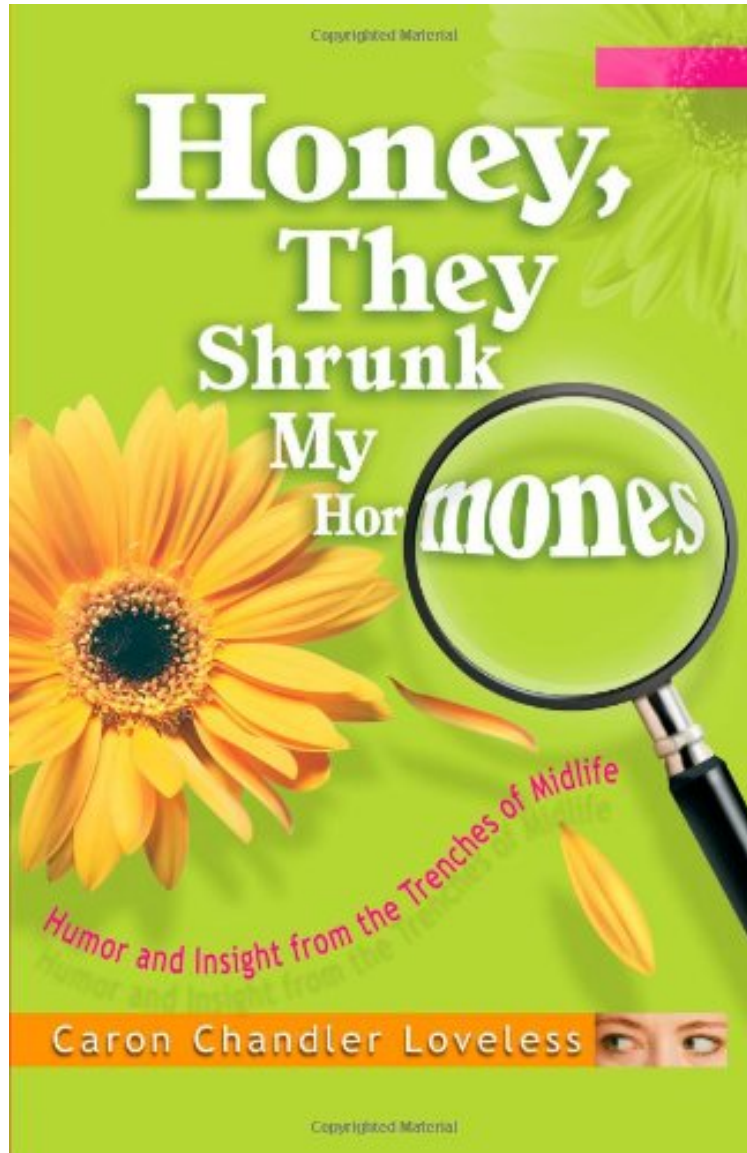


[PDF] Honey, They Shrunk My Hormones

Honey, They Shrunk My Hormones

Caron Chandler Loveless

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Caron Chandler Loveless : Honey, They Shrunk My Hormones before purchasing it in order to gage whether or not it would be worth my time, and all praised Honey, They Shrunk My Hormones:

3 of 3 people found the following review helpful. Leslie Aziz Reviews Caron Loveless's newest bookBy Leslie AzizWe're literally in the millions: Women experiencing mid-life metamorphis. One would think mid-life girls would

be talking about it everywhere, but the truth is, it's a bit of a clandestine topic. Caron Loveless breaks the ice and warms hearts in her newest book, *Honey They Shrunk My Hormones*. Loveless writes as if she's seated across the table from her readers, sharing a coffee and her heart. She speaks from an endearing subjective position and the reader feels like she's right there with Caron experiencing such very human rites of passage as the "baby's" high school graduation, the inaugural mammogram, and the first grand-child. Each chapter has a "chat-room" section in which Loveless brilliantly includes a diversity of mid-lifers' thoughts about the chapter's topic. Loveless also includes a list of "122 Things You Should Know By Now," a nice applause for recognizing the life-grace achieved at mid-life, and she gives readers a very funny and tender 30-day, personal journal. *Honey They Shrunk My Hormones* is a fast read, but not a shallow one. It's probably one of the most helpful books on the market because of its honesty laced with humor, and Loveless's intrepid spirit going into sometimes sad, sometimes unknown waters and calling out to readers, "Come, follow me--the best is yet to come!" This book offers wonderful insight to women light-years away from mid-life, women right in the middle of *The Middle*, and women reflecting on their own change experiences. Read it quickly and keep it on your night-stand for years, as a quick reminder about the richness of mid-life when you can't remember if you applied your anti-aging cream or not.

4 of 4 people found the following review helpful. Thank goodness midlife doesn't have to be a crisis after all!

By Lauren
Of all the books I've read over the years I can't remember one that kept me so wrapped up as this one. I started reading the book late on a Sunday afternoon and didn't put it down until way past my bedtime. I would've kept reading except I couldn't see words through my tears anymore. When I finished the book, early the next morning I was truly disappointed it was over. I was particularly gripped by the chapters in Part 3: *Midlife Relationships: Holding On, Letting Go*. These pages deal with our children growing up and leaving home and the growing concern for our ageing parents. That's where I am right now!! I found that as I read these chapters, I was laughing one minute and crying the very next. Caron has such a gift for using words to get to the core of the issues at hand. As I closed the book on the last page, I was encouraged to realize that we women, in the middle of life, don't have to dread it after all. If we understand it and share it with other women, it can truly be a beautiful time in our lives. Congratulations Caron! You've written a treasure that has spoken directly to my heart!

5 of 5 people found the following review helpful. Someone Understands!!!

By Lorrie Ann Buckley
I have to admit that I am not the world's greatest reader, however, the ease of gliding from cover to cover with Loveless' openness was a breeze! I was either laughing or crying throughout the book! As I started to read, I noticed I was relating so well to the author, that it felt like we were two girlfriends sitting down for a cup of afternoon tea. I also shared each chapter of the book with whomever was around, whether that be friends, family or complete strangers overseas. I have purchased several copies of the book for friends and currently am looking for my copy which I have probably given away to someone. The book has helped me in this critical time of my life from a mental, emotional and spiritual point of view. Thank you Caron for your sincerity in tackling this difficult topic! Sure do look forward to our next "tea" time together!

With compassion and insight, Caron Chandler Loveless uses humor -- lots of it -- to inspire and encourage women as they face midlife. Loveless writes with sensitivity about more than estrogen and hot flashes; she confronts self-image questions, the empty-nest syndrome, ailing parents, and the fear of letting go, among other topics, and gives a hopeful outlook to the new world that lies ahead.

From the Publisher
This book is a joyful, encouraging, humorous look at midlife issues aimed at the woman approaching or in the midst of this often misunderstood and confusing season. This book's candid essays are funny but not silly, poignant but not sappy, and always insightful, turning to Scripture for a balanced perspective. Loveless engages the reader with lists like "Blasts from the Past Worth Keeping" and a hilarious midlife-awareness quiz.

About the Author
A featured guest on radio and television, best-selling author Caron Chandler Loveless now admits that midlife is real and real women go there! A pastor's wife, mother of three, and Creative Director at Discovery Church in Orlando, Caron is an author, and has coauthored five other books. She writes for magazines and speaks at churches and conferences in the U.S. and Canada.