



# How **NOT** to Kill the Woman You Love



Your Guide to Surviving  
Her Menopause

NINA HANSEN MACHOTKA

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Woman You Love*

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To my mom  
Now I get it



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## *To Talk or Not to Talk*

After marriage and menstruation, menopause is the least talked about M word in the English language. Our grandmothers and mothers *never* talked about it, and if there was the occasional mention of “the change of life” by a father or uncle, it was accompanied with eyes rolling heavenwards. And what do you husbands, partners, relatives, sons and daughters talk about in secret?

Do you have a code for letting each other know the mood of the day, or if it's safe to come home, or if you should consider the “me” in the “it's the dog or me” threat that she issues daily? How do you avoid getting your heads cut off by the menopausal woman in your life? Surely, you've created a number of coping strategies. But because no one really talks about menopause, no one talks about concrete ways for you all to survive her change of life and not kill the woman you love.

Well, guess what? We are the baby-boomers, and we talk about everything! Now that we are in menopause and post-menopause, we'll talk about it from here to Sunday. But we also need to talk about some practical advice for all of you husbands, partners, kids, and animals on how to survive this incredibly complicated condition without mayhem, murder, or suicide—yours or hers.

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