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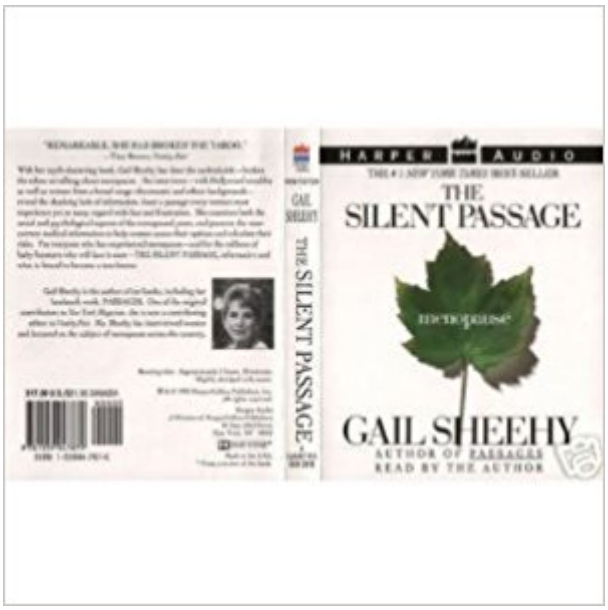
Silent Passage: Menopause



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Synopsis

The best-selling author of Passages takes a probing look at menopause, discussing the disquieting approach the medical community takes to it and offering commentary by some of today's most notable post-menopausal women. Book available.

Book Information

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Customer Reviews

Sheehy's popular guide has been revised and updated. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

When Sheehy, author of the classic Passages (LJ 5/15/76) and The Man Who Changed the World: The Lives of Mikhail S. Gorbachev (LJ 12/90), wrote about her personal experience with menopause in the October 1991 issue of Vanity Fair , the response from readers was overwhelming and compelled her to expand the article into this surprisingly slim book. Interviewing over 100 women in various stages of menopause and 75 experts, she examines the medical, psychological, and social aspects of this "silent passage." A biological change that spans five to seven years, this "second adulthood," according to Sheehy, has three stages: perimenopause, menopause, and coalescence. While Sheehy performs a valuable service in bringing this topic out into the open, her book is weakened by her cliched Cosmopolitan -style prose and New Age psychobabble. Still, with the older members of the Baby Boom generation entering menopause, there will be demand for this book. Readers seeking practical advice should consult Winnifred Cutler and Celso-Ramon Garcia's Menopause (LJ 11/1/91). Previewed in Prepub Alert, LJ 12/91.- Wilda Williams, "Library

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I read this because a relative was reading the younger woman’s version, "Passages". Well-written, well researched, and compelling, I repeatedly found myself pictured in the pages. In "The Silent Passage" I saw myself and the conundrums I had faced over the past two years since I reached menopause. I had a relatively symptom free perimenopause, so I thought I was done and free to live my life as a "mature" woman. No. I’ve spent two years feeling like I was losing my mind. The fogginess and the miasma that I blamed on my missing thyroid were instead due to wildly fluctuating hormones. I’ve started HRT after conferring with four separate physicians, and plan to continue into the future. This book saved my life!

Bought it for my wife, she found it helpful. I actually read some and can say that Sheehy is a very conversational, common sense, person that isn’t afraid to dispense direct talk. I found her tone to be very reassuring and encouraging while at the same time, challenging.

Chapters are short and easy to read. This book deals not only with the technical aspects that most books do, but primarily with particular women’s experiences with those various aspects--especially their feelings. This is what is left out of most of the other books. I recommend this book together with a more techinical book. But if you can only buy one book, buy this one instead. The main thing this book left me with was a feeling that instead of menopause being something that will just happen to me, there are a lot of things I can do, in a proactive sense, to manage the menopause. This is the most positive book I have seen on the subject, and helps me decide about all the questions to discuss with my doctor. Without reading this book, instead of being ready with a list of questions for my doctor, I would have passively listened to whatever he said, and thought that was it.

If you have not heard of it and you are having unexplained hot flashes, I would suggest reading this book.

Lots of info that nobody ever told us about menopause. A bit dry to read, but has lots of important things that help you know you’re not crazy. Good to share with a friend, when we’re done.

Excellent book! Every woman should read and every man who cares about a woman should read.

I think hospitals should support a book study using the silent passage. Sheehy's book, if facilitated as a book study, would allow women an opportunity to openly share a fact of life of a woman's passage. Too many questions on menopause are hidden that should be discussed.

This is the second copy of Gail Sheehy's, "The Silent Passage" (which I first purchased back in 1998 for myself.) I recently bought it as I wanted to make a gift of it to a dear friend who was leaving the area permanently. I had lent my copy out several times to others going through the "dread" of that period in a woman's life. One friend of mine returned it to me with the words..."Now I know I am not going crazy!!" It explains in layman's terms what is going on in our bodies. I highly recommend it to all women who reach that stage when they first start to experience noticeable changes; those who would appreciate reading a Doctor's perspective on the physiological, psycholigical and emotional symptoms she is experiencing. It also discusses how varied it can be for each one of us depending on various factors and experiences in our lives. I give it an A+

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