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Secret No More: Look Inside the Untold Stories of Menopausal Women

First time Leeds author empowers women: 'I am my sister's keeper'

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The ~~Secret~~ Diaries of Menopausal Women is a compilation of stories woven into the author's own personal journey to create a unique Sisterhood. Get upfront and personal with all things menopause - the highs, the lows, the hot flushes, finding enlightenment and everything in between.

After meeting her own Menopause head-on and realising how the transition affects mental health, Jacqueline decided to write this book as a source of support for women during this transition...and so the Sisterhood was born.

A hot topic, now more than ever, Menopause is finally being spoken about, although Jacqueline recognises that simply having a voice isn't enough. This book is about finally breaking the taboo with transparent stories that will pave the way for future generations of women to own their truths.

Written with the aim of supporting and empowering women from across the Globe, Jacqueline has given away free copies of the book to Sew_UK, a company that empowers single mothers in Uganda to find financial freedom by providing skills training, business capital and school fee relief, whilst assisting them to sell their handcrafted products.

Jacqueline's vision is to make sure that information around Menopause is widely accessible in all corners of the Earth but she is aware that this isn't always possible for some, regularly using

the phrase, 'I am my sister's keeper.' To try and ensure that as much information finds its way to all of our Sisters globally, in the New Year, Jacqueline will donate 5% of all book sales to the distribution of books to third-world countries so that women everywhere have access to Menopause education.

The initial feedback from a lively Q&A session that took place at Jacqueline's pre-launch event has been amazing;

"Thank you so much for an amazing evening. My sister and I thoroughly enjoyed ourselves...you truly are an inspiration to women and girls."

"You are truly awe-inspiring and I had a lovely time and met some amazing ladies."

"Thank you for being an inspiration, an exemplar and a force to be reckoned with."

'The ~~Secret~~ Diaries of Menopausal Women' is available to order online at www.menodiaries.co.uk priced £12.99.

If you would like more information about this topic, please call Jacqueline Golding at 07508237151 or email meno.diary@gmail.com.

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Pictures

1. The front cover of 'The ~~Secret~~ Diaries of Menopausal Women'
2. Jacqueline reading a passage from her book to guests
3. Leeds based author Jacqueline Golding
4. Jacqueline's first donation to company Sew UK