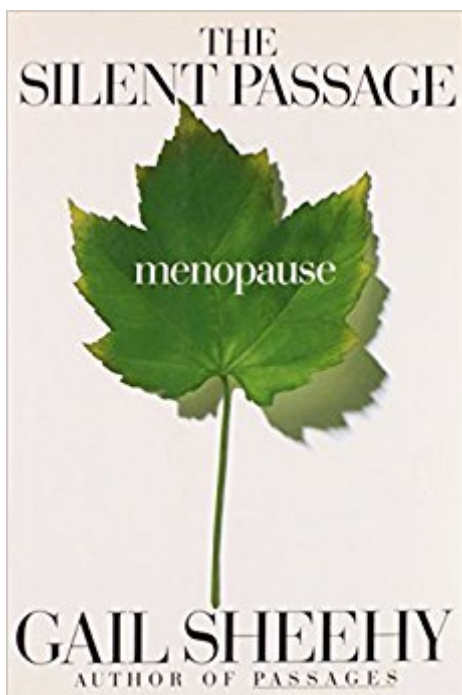


The book was found

# The Silent Passage



## 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. 50,000 first printing. Tour.

## Book Information

Hardcover: 161 pages

Publisher: Random House; 1st edition (May 5, 1992)

Language: English

ISBN-10: 067941388X

ISBN-13: 978-0679413882

Product Dimensions: 1 x 5.5 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 48 customer reviews

Best Sellers Rank: #470,785 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Women's Health > Menopause](#) #114272 in [Books > Textbooks](#)

## Customer Reviews

How are women of the baby-boomer generation handling the "M word," the change whose name they dare not speak? According to Sheehy's short report (expanded from her 1991 *Vanity Fair* article), many are utterly unprepared. The author ( *Pathfinder* ), who has been negotiating this passage herself, talks to doctors, nutritionists and a cross-section of women, examining both her own vacillation over estrogen replacement therapy and the more general questions of its side effects. We also hear from women who, having started families late in life, are catapulted from first babies to first hot flashes , and from such celebrities as Candice Bergen and Lesley Ann Warren. There are many frenetic and some encouraging menopause war stories here, but few accounts from women who experienced little difficulty during these years. Sheehy includes discussion of herbal remedies, exercise and dietary defenses against osteoporosis. While remaining somewhat inconclusive, her review of this stage of life for women in anti-aging America is detailed and sympathetic. Copyright 1992 Reed Business Information, Inc.

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 Journal"Copyright 1992 Reed Business Information, Inc.

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 technical 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, psychological 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+

[Download to continue reading...](#)

Adventure Guide Inside Passage & Coastal Alaska (Adventure Guide to the Inside Passage & Coastal Alaska) (Adventure Guide to Coastal Alaska & the Inside Passage) Alone in the Passage: An Explorers Guide to Sea Kayaking the Inside Passage The Twelve (Book Two of The Passage Trilogy): A Novel (Book Two of The Passage Trilogy) The Passage: A Novel (Book One of The Passage Trilogy) The Silent Passage The Silent Passage: Revised and Updated Edition Silent Passage: Menopause Ushuaia to Antarctica - Drake Passage Map: Polar Voyage Log Map The Arctic Grail: The Quest for the Northwest Passage and the North Pole, 1818-1909 Flight of Passage: A Memoir Flight of Passage: A True Story Passage East Flower Passage Waterwalk: A Passage of Ghosts Kayaking the Inside Passage: A Paddling Guide from Olympia, Washington to Muir Glacier, Alaska Inside: One Woman's Journey Through the Inside Passage Paddling North: A

Solo Adventure Along the Inland Passage Deep Water Passage: A Spiritual Journey at Midlife  
Inside Passage: Living with Killer Whales, Bald Eagles, and Kwakiutl Indians Journeys Through the  
Inside Passage: Seafaring Adventures Along the Coast of British Columbia and Alaska (Caribou  
Classics)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)