

Newsletter subscribers special email 10/10/25

First, I acknowledge this is an extra email this month. This is not going to be a regular occurrence. I promise (pinky promise, for real!)

I am just so dang excited to share something with you all, as the loyaleyst-loyals💕 of Menobodies. You are the ones who subscribe to the deeper dives of information and content via the newsletter and you 🙌 should know what's coming before anyone else.

🎉 It's...[MERRY MENOPAUSE](#) 🎉

(cue visions of pumpkins🎃 and pie🥧, menorrahs🕎, new year's horns🎉, trees and lights🌲)

This is a mini online course that is going to help users move from the feeling of 'surviving' the holiday season to "thriving" in the holiday season.🙌

So think about perfection, being tired, extreme preparation, and being busy...all which are usually part of the holiday season. Then we add + perimenopause symptoms on top of that. Oh good lawd! It's a double whammy.

Well, that's why I took my research, my tools, and my voice and put it into this course. You will combat the busy, the preparation, the perfection, and the fatigue this year and dang girl, you will thrive!🙌

Contents of [Merry Menopause](#) for you!!!!

- **4 listen or watch modules** of less than 10 minutes (usually 6-7 minutes)
- **4 tools** that you can use right away with each module
- **Bonus content** - a meditation just for you, some fun coloring pages and 2 super useful scripts on how to say "no, thank you" and "how to talk about changing a tradition"

I love💖 ya'll so much that I want to offer you a big discount. Muah!😘 The course is \$37 but with the code [MMN2025](#) you get it for **\$25**. Yay!!! Rah! Awesome!!!!🎉

(Please🙌 don't share this code with your bestie who doesn't subscribe to the newsletter. Even better, ask them to subscribe then I will share it with them:)

I'll be posting on social media about this [@menobodies](#) on [Instagram](#) and [Facebook](#) and have already dropped hints. But you all are. **THE 🙌 FIRST 🙌 TO 🙌 KNOW 🙌** what it is and have access.

Preregister now and get your “treat ” on Halloween  when the course opens.

Give yourself time to listen/do before November 15th, the recommended date for using the tools and materials that you’ve learned in the course.

Send me all the questions and comments via social media or reply to this email.. I can’t get better or improve our community without you!

Ho-ho-hooray,
Beth

P.S. One more time get the [Merry Menopause](#) online course for \$25 (normally \$37) with special code for newsletter subscribers, Code [MMN2025](#)