

For a/c, desk fans, and cold water.

Ironically, three things not very high on my priority list last month. But, ever since my biological clock chose the hottest month of the year to kick start my own climate change, those three things have been bumped up the list. And wow, ladies! None of your stories and descriptive symptoms do this justice. I thought you were all deranged. I apologize, this thing's for real!

This midlife journey is going to be challenging, I see. However, I've made up my mind to own it, along with the wrinkles, aches and pain…and wisdom. After all, I am blessed to be a woman and to have been given the ability to co-create life. That this transition is part of that design, then so be it. Lauren and Danny are worth it. Okay, who am I kidding, this may be rough. Family beware.

Meanwhile, can I just say I'm thankful for a/c, desk fans, and cold water?

I dedicate today's post to all women pre and post climate change. I sympathize. ?

What are you thankful for today?

Until next Thursday's post…si Dios quiere.

"I'm what is known as perimenopausal. "Peri", some of you may know, is a Latin prefix meaning 'SHUT YOUR FLIPPIN' PIE HOLE"."
-C. Rivenbark

"The afternoon knows what the morning never suspected."



-Robert Frost

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