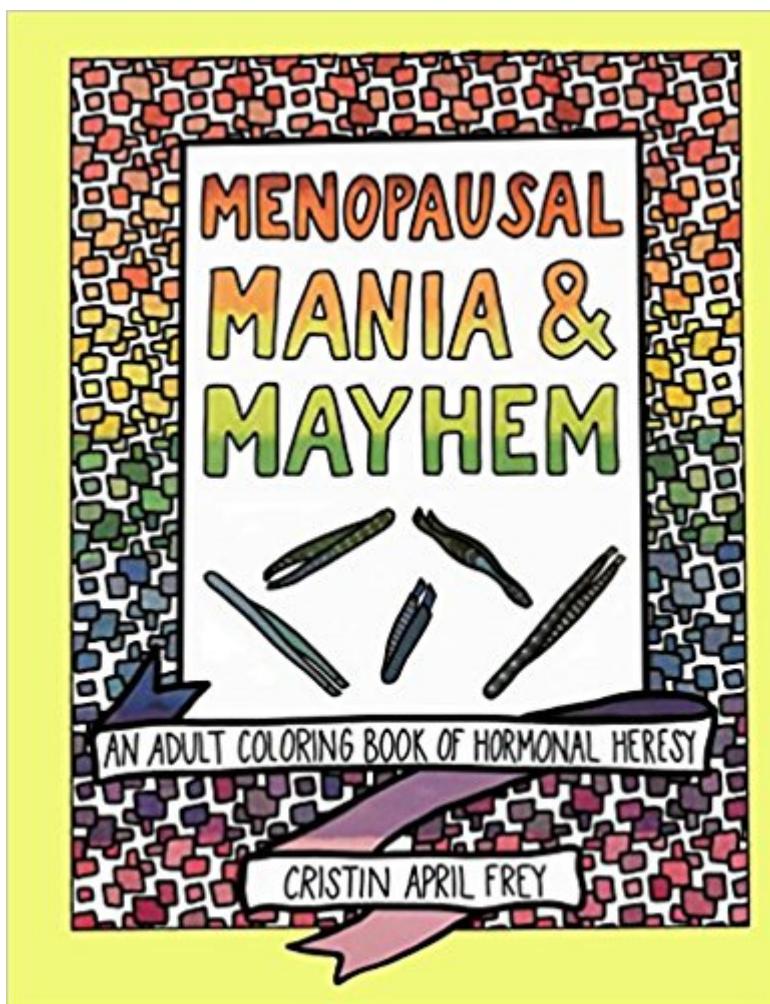


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# Menopausal Mania & Mayhem: An Adult Coloring Book Of Hormonal Heresy



## **Synopsis**

Unlike any other and the first of its kind, Menopausal Mania & Mayhem is a unique collection of 20 hand-drawn coloring pages, plus 10 bonus pages of menopausal mandalas! It is also a perfect gift for the â œvintageâ • women in your life. Menopausal Mania & Mayhem includes a variety of original, completely hand-drawn designs and hilarious, relatable sayings. The designs range from simple and easy to intricate and challenging for all skill levels, or to suit your mood. Each coloring page is one-sided so you don't have to worry about ruining the back side of your coloring pages if you use markers or other wet mediums. Adult coloring books are known to reduce stress, calm your thoughts, relieve anxiety, and even help with pain management. It can be used to practice mindfulness and meditation as well as a way to relax. With the funny sayings, it makes stress relief much more fun! If you have a bit of sass in your attitude, you will love this coloring book for grown-ups and you will surely get a giggle or two out of it. For more information on the artist/author, please visit her website at [www.CristinApril.com](http://www.CristinApril.com).

## **Book Information**

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## **Customer Reviews**

Any woman who has ever been through menopause, is going through menopause, or will ever go through menopause needs this book!! Cristin Frey has developed another amazing book filled with witty sayings and cute drawings to help you destress and just get your mind off things. I love all the menopause pages and at the end of the book she has added 10 of her so beautiful hand drawn mandalas with menopausal words in the middle. I am loving this book!

Â What an awesome book! Absolutely love it!!

Are you a woman? Do you have hot flashes, random hair growing out of new places, or moodiness? This coloring book is definitely for you! Cristin April Frey has a variety of great adult coloring books available, but this by far is my favorite. I love that it is sassy and I can relate to the "hormonal heresy" as Cristin call's it, that my husband is convinced I suffer. I haven't hit full menopause yet, but I have hit the time of my life where I am beginning to experience some of the symptoms including "my own personal summers" when I least expect them. What I like about this book is that Cristin uses colorful language to express what many women feel without incorporating swearing. Now, that's not to say that I don't enjoy some of Cristin's other books that are sweary like her newest coloring book,Â Sassy Sayings, Snarky Sarcasms, & Saucy Swears: A Coloring Book for Adults - Revised Edition, but sometimes a girl just wants to color something that isn't sweary. This book does that, I can color without having to worry about whether the pages are appropriate for prying eyes to view. The coloring book has 20 unique drawings, plus 10 bonus menopause mandalas that include key menopausal words at the center. Cristin also leaves the first page as an uncolored replica of the cover of the book and a "This book belongs to..." page for you, so you really will get 32 pages to color! As with most books printed through 's printing services, this book is printed with single sided drawings. The pages aren't very thick, so you will want to use a blotter behind the page you are coloring, especially if you use markers or water colors because it will seep through to the next page. I didn't realize that I had two pages together and used myÂ Chameleon Earth Tones Set Of 5 PensÂ on one page before noticing the second page was not protected and ended up having to use dark colors on the second page because of the bleeding of the ink. You will see in my photos that I used dark blues to color the "Mood Swing Queen" page. I had to do that to cover up the reds, yellows, and oranges that bled through from "Is it hot in here". Situations like that make me wish that offered thicker paper options for the artists to choose to print their coloring books. Personally, I really enjoy supporting independent artists and love that this artist in particular is very social with her followers on all social media outlets. In my opinion, being able to chat with the artist and give direct feedback or requests makes buying these books even better than buying a commercially published book by someone you aren't able to connect with on a personal level. #cristinaprlsartl would highly recommend this book to you and others. I have already purchased it as gifts for my friends that are nearing the stage of having hair grow out of random places on their bodies and experience the need to strip off their clothes due to the rise in their body temperature in the middle of winter and freeze their entire family in the summer because it's just too damn hot!!

hope this review helps you decide to buy this book!

This book is a hoot!! What makes it especially fun is the fact that it's so dead-on! For any woman who is just starting the journey through menopause or the woman who has reached the other side, this is the coloring book to beat all coloring books!! It would make a perfect gift for a friend or family member just entering menopause. I received my book in the mail and shared it with my best friend the same day when we met up at McDonald's to color. We laughed so hard and nodded in agreement with many of the pictures. Of course, that set off a few timely "power surges" (see the book) and more laughter. What fun to be able to take a humorous look at a not-so-pleasant aspect of being a woman! Thank you, Cristen Frey, for your unique humor and lovely art style in the form of Menopausal Mania & Mayhem!!

Cristin Frey's Menopausal Mania & Mayhem I think touches the heart of every pre and post menopausal woman out there. Not only is her most recent book filled with the frustrations that we go through as the change of life grabs us, but it is also a display of genius artwork associated with the dreaded symptoms. I find that Menopausal Mania & Mayhem is a therapeutic tool to vent not only the mood swings that may sometimes wreak havoc, but also a way to not feel so alone when going through "the change". Bravo Cristen!

Omgracious I've never laughed and loved an adult coloring book like this before! For us Menopausal women this is the most goofy, relaxing, and best way to wind down when those Menopausal Mania symptoms hit coloring book!!! Cristin you really did an awesome job on this book, and brought my menopausal quirks to life!!! You always amaze me with each book!!!!

As a woman of a certain age, it's nice to have a coloring book that reminds me that the crazy stuff I am experiencing is normal, even if not much fun!! Plus, There is something very refreshing about coloring until your mood changes, eh? Women of any age will enjoy this book, but, the older you are the harder you will laugh. And leak!! LOL!!!!

I love this coloring book! It is a lot of fun to color, and also presents a humorous view of the issues associated with menopause! I highly recommend it to anyone who has hit that 'magical' time in their life.

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