



UNIQUELY YOU

# KAREN MAGGS

Coaching

Welcome!

I'm so pleased you are here, ready to make this next phase of your life the best it can possibly be. I've collated a list of my favourite resources to help you through this phase. I truly hope that you find at least one or two things in this list that will help you in your times of need. There are inspiring podcasts to listen to, books to read, websites to visit and music to listen to that will help you master this time and bounce into your Second Spring with aplomb.

Karen

## Podcasts:

All can be found on Spotify

- **The Shift (on life after 40) Podcast**

- Brilliant podcast by Sam Baker who interviews super interesting and talented women on how they view life after 40
- Tackles all the issues like menopause, imposter syndrome, mental health, feminism, body image, crises - all the things!

- **The Well Woman Podcast**

- Hosted by Jemma Lee, a womens cycle health educator, this podcast covers all the topics around women's health, periods, sensuality and so much more
- Focused mostly on those who are still menstruating, this still has some great information for those of us who are moving out of this stage, and some very interesting discussions. Pick and choose the ones you want to listen to.

- **A Man's Guide to Menopause**

- This is one episode by the Great Man Within podcast where they talk with Alexandra Pope from Red School about how the menopause transition affects not only the woman, but the people around them as well. Great for sharing with any man in your life!

- **A Man's Guide to the Menstrual Cycle**

- Again, an episode by the Great Man Within podcast, this time talking about the menstrual cycle and how men can better understand the 4 seasons of the cycle and what women need during this time.

- **Gray Areas with Petra Bagust**

- Great NZ podcast covering all the relevant topics for midlife women.
- Petra interviews different people on a range of topics around ageing. She includes topics such as menopause, sex, body image, money, anger.

- **Sexy Ageing**

- Tracy Minnoch Nuku is a Kiwi woman covering multiple topics split into episodes highlighted around Body, Mind or Soul.
- Well worth investigating as it covers to many important topics that we all experience through perimenopause and menopause.

## Books:



- **Second Spring by Kate Codrington (UK)**
  - A wonderful book subtitled the self-care guide to menopause.
  - Full of helpful ideas on how to manage your menopause transition journey.
- **This Changes Everything by Niki Bezzant (NZ)**
  - Written by NZ's health writer Niki Bezzant, this book looks at what perimenopause and menopause is and how we can handle all the symptoms with the most up to date and relevant information.
  - Because it's written by a NZer all the information is relevant to women in NZ, and the medical solutions are all available to NZ women
- **Don't Sweat It by Nicky Pellerino (NZ)**
  - Another NZ health writer, Nicky Pellegrino takes a light hearted look at her experiences of perimenopause and menopause and how women can understand and manage their journey
- **Wise Power by Alexandra Pope and Shanie Hugo Wurlitzer (UK)**
  - Written by the founders of Red School, this book helps to redefine menopause and reminds us of the power and authority that women have through this process.
  - Breaks down the menopause journey into five phases and helps women understand how they can unlock their potential through this transition.
- **Menopausal by Davina McColl**
  - Helps women to make informed decisions about their health and lives through perimenopause and menopause by exploring and explaining the science, debunking damaging myths, and smashing the taboos around the perimenopause and menopause.
- **Hormone Repair Manual by Lara Biden**
  - Written by a naturopath, this book addresses common symptoms such as hot flushes, insomnia, mood changes, migraines, weight gain, low libido and heavy periods.
  - Lara offers practical solutions of diet, lifestyle, nutritional supplements and tips for how to speak to your doctor about hormone therapy.
- **Perimenopause Power by Maisie Hill**
  - Takes us through the physiological changes of perimenopause and menopause, step by step, with calm positivity.
  - Maisie shares tips and advice to support women through the challenge of wildly fluctuating hormones.
- **Next Level by Dr Stacy Sims**
  - Renowned exercise and nutrition scientist, Dr Stacy Sims has produced this comprehensive, physiology-based guide to peak performance for active women approaching or experiencing menopause
  - Written for active women, it guides you on how to work with your physiology rather than against it and covers off training, nutrition, sleep and recovery, supplements, sample exercise routines, meal plans, macronutrient planning charts, and case studies
- **The M Word by Ginni Mansberg**
  - Written by a GP of 30 years, outlines the experience, the medical science, treatment options and home remedies.
- **Untamed by Glennon Doyle**
  - Follows Glennon's journey of radically rediscovering herself, letting go of others expectations and really living life to the full.
  - "Part inspiration, part memoir, Untamed explores the joy and peace we discover when we stop striving to meet the expectations of the world, and instead dare to listen to and trust in the voice deep inside us."
- **Code Red by Lisa Lister**
  - Lisa is a great believer in taking back the power of our menstrual cycle. For centuries women's menstrual flow was a time of great empowerment, and this book is a reminder that we still have that power and can reclaim that.
  - For those of you still menstruating, this is an empowering book with links to cycle sheets and meditations at the end of the book.

## Websites:

- **[menopause.org.au](http://menopause.org.au)**
  - The Australian Menopause Society Ltd seeks to bring accurate, evidence-based information to health care workers and the wider community.
  - Can provide information about peri-menopause, MHT/HRT and alternatives, osteoporosis or how to locate a doctor interested in women's health (including in NZ)
- **[mysecondspring.ie](http://mysecondspring.ie)**
  - Brilliant website relating to menopause with lots of tips and tricks, symptoms you may not be aware of, and suggestions for managing through this time.
  - It's based in Ireland so some of the information is specific to Ireland, but nonetheless, an excellent resource for those of you in this phase.
- **[redschooll.net](http://redschooll.net)**
  - Taking a radical new approach to women's health, creativity, leadership and spiritual life through tracking and understanding the menstrual cycle.
  - They have a specific programme for the menopause transition.
- **[Women's Wellness Clinic - Martinborough](#)**
  - GP Alison Payne specialises in supporting women through their perimenopause and menopause journeys
  - Contact Alison directly through the Martinborough Medical Centre to make an appointment (click on the link above)
- **[Wellington Menopause Clinic](#)**
  - A brief website where you can put yourself on the waiting list to be seen by the Wellington Menopause Clinic.
- **[drstacysims.com](http://drstacysims.com)**
  - Has the catch phrase "Women are not small men" and encourages women to work with their physiology, not against it.

## Meditations:

- **[Unlock your Life](#)**
  - Sarah Dresser is a Clinical Hypnotherapist who believes everyone should have the opportunity to access low cost/no cost therapy.
  - Her channel on YouTube offers hypnotherapy, meditations and affirmations for anxiety, stress, sleep, self-esteem and an exploration of our spiritual world.
  - She writes the scripts for these herself and uses beautiful guided imagery to help you understand and reframe things.
  - I've found her meditations and affirmations to be invaluable in helping me through difficult times - plus she has a beautiful voice which is just soothing to listen to.
  - These meditations can be quite long but are well worth it.
- **[Jason Stephenson](#)**
  - Jason has spent over 15 years writing music and meditations after finding these were the most supportive tools for him to move into a better place when he was at an all time low.
  - He focuses a lot on sleep meditations, helping you to calm your mind, fall asleep quickly and have a deep and restful sleep.
  - He has a lovely soothing voice and his music is calming and relaxing. He also uses lovely imagery in his guided meditations.

## Music:



- **Meditative Mind**
  - Meditative mind use healing frequencies, solfeggio tones, chants and mantras to help bring you to a place of peace and happiness.
  - Great music to sleep to, meditate to or practice yoga with.
  - Calming, relaxing, uplifting.
  - I use this music to bring me into a more balanced state of mind, lift me up when I'm feeling down, and to bring focus and attention to my world.
  - Great for drowning out the noise of everyday life when you are trying to focus.
- **Yellow Brick Cinema**
  - Calming, relaxing, deep sleep music
- **PowerThoughts Meditation Club**
  - Using the power of Binaural Beats (where two separate tones are played causing your brain to create it's own tone based on the combination of those two) PowerThoughts Meditation Club creates music for healing, positivity, abundance, joy, optimism etc.
  - Not for everyone, but can be an interesting concept to experiment with
- **Self Healing Collective**
  - Self-Healing Collective wish to inspire and create a peaceful and safe space for self-healing, spiritual growth, prayer, meditation, and divine connection through their music and visual content
  - Great for soothing, calming, meditation, or to use through headphones to drown out everyday noise around you to help you concentrate
  - Also use solfeggio tones
- **Inner Lotus Music**
  - Lovely, positive meditation music
  - Also uses solfeggio tones