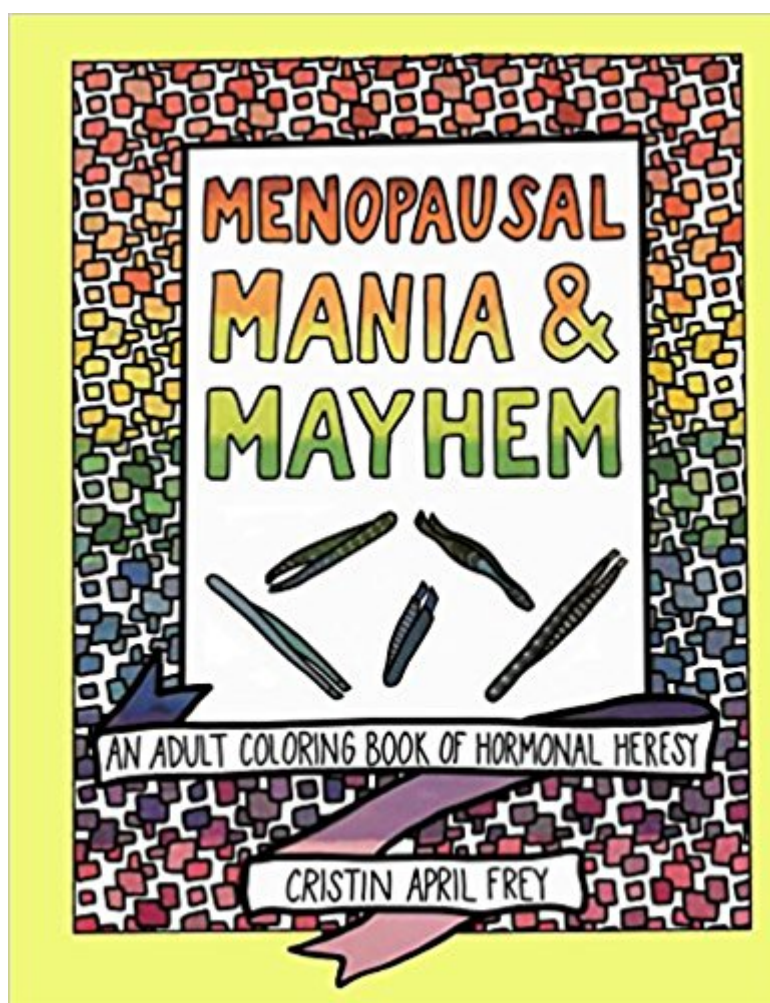


The book was found

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 "vintage" 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.

Book Information

Paperback: 76 pages

Publisher: CreateSpace Independent Publishing Platform; Clr Csm edition (October 5, 2016)

Language: English

ISBN-10: 1539137546

ISBN-13: 978-1539137542

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 27 customer reviews

Best Sellers Rank: #486,982 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Women's Health > Menopause #142 in Books > Religion & Spirituality > New Age & Spirituality > Goddesses #236 in Books > Parenting & Relationships > Aging Parents

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 swearsy 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 swearsy. 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.

#cristinaprilsartI 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.

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

Menopausal Mania & Mayhem: An Adult Coloring Book of Hormonal Heresy 3-Word Stories
Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created
3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Mandala Coloring book:
Mandalas. Easy coloring: Simple mandala coloring book, Adult mandala coloring Books, Mandala
coloring, Adult Coloring Book: ... coloring books for Adults) (Volume 2) Magical Unicorns and
Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book,
Fairies Coloring Book, Adult Coloring Book #Love #Coloring Book: #Love is Coloring Book #1 in the
Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ...
Series of Adult Coloring Books) (Volume 1) Antique Hunting: Adult Coloring Books for Men in all
Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ...
for Men in all D; Coloring Books Travel in al Beating Prostate Cancer (Hormonal Therapy & Diet, 1)
(Hormonal Therapy & Diet, 1) Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult
Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ...
Fashion Coloring Book for Adults) (Volume 1) #Mandalas Coloring Book: #Mandalas is Coloring
Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress
Relief, ... Series of Adult Coloring Books) (Volume 6) #Chalkboard #Coloring Book: #Chalkboard is
Coloring Book #4 in the Adult Coloring Book Series Celebrating #Love and #Friendship (Coloring
Books, ... Series of Adult Coloring Books) (Volume 4) #Food #Coloring Book: #FOOD is Coloring
Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books,
Foods, ... Series of Adult Coloring Books) (Volume 7) #Fcuk Coloring Book: #Fcuk is Coloring Book
No.10 in the Adult Coloring Book # Series Celebrating the F-bomb (Coloring Books, Swear words,
Stress ... Series of Adult Coloring Books) (Volume 10) Dark Heresy RPG: The Inquisitor's Handbook
(Warhammer 40000 Roleplay: Dark Heresy) Adult Coloring Book For Men: A Manly Mans Adult
Coloring Book: Cyborg Women, Military Machines, Futuristic Battles, Western Armory, Fish
Illustrations ... With Cars (Adult Coloring Books) (Volume 4) Witches in Autumn Adult Coloring Book:
Autumn, Halloween, Anime, and Manga Fantasy Adult Coloring Book (Anime and Manga Witches
Adult Coloring Books) Adult Coloring Book Palooza: 50 Original Adult Coloring Assorted Designs
(Adult Coloring Books) (Volume 3) "DON'T F*CK WITH ME I'M COLORING" ADULT COLORING,
SWEAR WORD, CUSS WORD, NOVELTY GAG GIFT SWEAR COLORING FUN BOOK FOR HER:
A Bad Attitude Bad Language Adult Cuss Word Coloring For Relaxation Book! Sloth Coloring Book:
An Adult Coloring Book of 40 Sloth Adult Coloring Pages with Intricate Patterns (Animal Coloring
Books for Adults) (Volume 30) Hippo Coloring Book: An Adult Coloring Book of 40 Adult Coloring
Pages with Relaxing Hippopotamus Designs (Animal Coloring Books for Adults) (Volume 34) Wolf

Coloring Book: A Hyper Realistic Adult Coloring Book of 40 Realistic Wolf Coloring Pages
(Advanced Adult Coloring Books) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)