

Finally, An Honest (and Hilarious) Guide to Midlife Mayhem! Kitty Mae Reed's The Pause Drops on World Menopause Day

THE PAUSE

**An Honest
(and Hilarious) Guide
to Menopause, Madness
& Midlife Mayhem**



KITTY MAE REED

Atlanta, Georgia Oct 14, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Hot flashes, brain fog, mood swings—oh my! Just in time for **World Menopause Day**, Jesari Beale Publishing is thrilled to announce the release of **Kitty Mae Reed's** highly anticipated new book, ***The Pause: An Honest (and Hilarious) Guide to Menopause, Madness & Midlife Mayhem***.

Set for release on **Saturday, October 18, 2025**, *The Pause* cuts through the confusion and silence surrounding the menopausal transition with a fresh, laugh-out-loud perspective. Author Kitty Mae Reed uses her personal experiences and extensive research to offer a candid, comforting, and incredibly funny look at a life stage that millions of women experience—but few talk about with such raw honesty.

"Menopause is a natural transition, but sometimes it feels like a cosmic joke," says Reed. "I wrote *The Pause* because I needed the truth, not the hushed whispers. My goal is to make women feel less alone, more informed, and certainly more able to laugh their way through the hot flashes and hormonal chaos. If you've ever wondered what the heck is happening to your body and mind, this book is for you."

What Makes *The Pause* a Must-Read?

The Pause is more than just a book; it's a friendly survival guide for navigating the ups and downs of perimenopause and menopause. Readers can expect:

Honest Talk: A candid, no-holds-barred discussion of everything from night sweats and libido changes to the mental gymnastics of midlife.

Hilarious Humor: Reed's witty, conversational style turns embarrassing moments into relatable comedy.

Essential Insights: The book blends personal anecdotes with easy-to-digest research and information, making it an empowering resource.

The timing of the launch on World Menopause Day is intentional, aligning with the global effort to raise awareness and improve health and wellbeing for women. The 2025 theme for World Menopause Day is **Lifestyle Medicine**, and Reed's book encourages women to embrace a holistic approach to managing their symptoms.

***The Pause: An Honest (and Hilarious) Guide to Menopause, Madness & Midlife Mayhem* by Kitty Mae Reed** is now available for purchase on Amazon.

Title: *The Pause: An Honest (and Hilarious) Guide to Menopause, Madness & Midlife Mayhem*

Author: Kitty Mae Reed **Publisher:** Jesari Beale Publishing, LLC **Release Date:** October 18, 2025 (World Menopause Day) **Paperback Link:** <https://www.amazon.com/PAUSE-Hilarious-Menopause-Madness-Midlife/dp/0967988071/>

About the Author

Kitty Mae Reed is a writer whose mission is to bring humor, transparency, and relatability to topics that

are often shrouded in silence. *The Pause* is her latest work, born out of her own journey through the midlife transition.

About Jesari Beale Publishing, LLC

Jesari Beale Publishing is dedicated to bringing diverse, inspiring, and authentic voices to the literary world.

Media Contact:

Kitty Mae Reed

Author

contact@kittymaereed.com

www.kittymaereed.com

(404) 797-7806

Media Contact

Jesari Beale Publishing

*****@kittymaereed.com

4047977806

Source : Kitty Mae Reed Books

[See on IssueWire](#)

