



Bartlett's fan base refers to her as the dean of varsity menopause, a title she gave herself after attending her son's college orientation. It was there that the dean of students explained that a dean's job was to provide support for a successful navigation during a season of life. This concept resonated with Bartlett as she offers guidance to women during perimenopause and beyond.

Bartlett further commented, "Why varsity? Varsity is a term coined by one of my close friends when I wanted her recognition for completing some small task like cleaning out the vegetable bin in my refrigerator. She played along and proclaimed, 'that's Varsity.' It just stuck. What a wonderful, universal way to celebrate each other!"

To purchase "Dammit ... It IS Menopause!" or to learn more about the author, visit <https://www.sallybartlett.com/books>.



Sally Bartlett, Author of "Dammit ... It IS Menopause"

#### About the Author

Sally Bartlett is a professional health coach who has maintained a 35-pound weight loss for more than 30 years through sustained varsity self-acceptance without dieting. She has coached countless clients through perimenopause on the physical, intellectual, emotional and spiritual level. Sally was featured in Shape magazine, Idea Fitness Journal, radio station 98.7 FM NewStyleRadio (UK), and Center for Successful Aging newsletter at California State University, Fullerton. To learn more, visit [www.sallybartlett.com](http://www.sallybartlett.com) or follow her @imsallybartlett on Twitter, or @iamsallybartlett on Instagram, Facebook, LinkedIn and Pinterest.

#### About "Dammit ... It IS Menopause! Volume 1"

In this book of daily meditations, Sally Bartlett shares her successful passage through perimenopause and how she's creating a varsity menopause movement. This intimate and candid behind-the-scenes look at several women's journeys aims to help women change their lives and discover their very own varsity menopause. It's a memoir written to move, encourage, inspire and bring a little laughter to perimenopausal women of all ages. To learn more, visit [www.sallybartlett.com](http://www.sallybartlett.com).

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