



A New Beginning Atlas

FREE SAMPLE

14 flexible learning steps to organise menopause information and explore your priorities.

Use this notebook at your own pace. You do not have to share what you write, feel the same each day or complete every space.

What is inside?

- A 14-day reading and reflection plan
- Stage cards and personal-priorities worksheets
- Two weekly learning summaries

For general learning and personal reflection. It is not a diagnosis or treatment programme. You do not need to wait for a workbook result to seek help with a symptom.



A New Beginning Atlas

FREE SAMPLE

Step 01: Three terms, different meanings

Start with one question; you do not have to complete every space.

How would I explain perimenopause, menopause and postmenopause in my own words?

Which two terms had I previously treated as interchangeable?

Which piece of information makes more sense now that I know the distinction?

Related free reading: [Understanding menopause](#)



A New Beginning Atlas

FREE SAMPLE

My own short review

Something I noticed from these pages...

A question I do not yet have an answer to...

My next small step and time I will make for it...

Related free guide: <https://menopozatlası.com/en/menopoz-nedir.html>