

The best podcasts, books and influencers for you right now.

HOT PICKS

BY CHARIS TORRANCE

WHAT TO LISTEN TO



The Dr Louise Newson Podcast

Got questions about all things perimenopause and menopause? Look no further – this is your definitive guide. Each week, Dr Louise Newson,

GP and menopause specialist, brings in guests to discuss cutting-edge treatments, the latest research and motivational stories. Her Newson Health Group runs clinics across the UK dedicated to personalised care and has created the award-winning Balance app, which offers free menopause resources and support to women worldwide. With a focus on empowering women to take control over their lives, the podcast and the app are invaluable resources.

The Shift with Sam Baker

Created and hosted by writer and broadcaster Sam Baker, *The Shift* is a frank, funny and sometimes heartbreaking podcast about being female post-40. Sam, a former editor of both *Cosmo* and *Red* magazines, brings her journalistic chops to her weekly conversations with well-known women

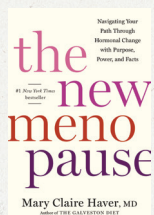
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about work, life, love, health and everything in between. Her big-name

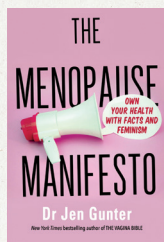
guests include Marian Keyes, Emily Nagoski and Julia Cameron, and they all share personal, relatable stories. The show tackles topics such as mental health and career reinvention with honesty and humour. It's a refreshing look at the midlife mire. If you're in search of intimate conversations and big laughs with smart women, *The Shift* is perfect for you.

What to READ



The New Menopause
by Dr Mary Claire Haver
This #1 New York Times best-seller is an empowering

guide through hormonal change, with science-backed information and practical tools. Topics range from changes in appearance and sleep patterns to neurological, psychological and sexual issues. Dr Haver provides an A to Z toolkit for coping with symptoms and mediating the risks associated with menopause. With the latest research on HRT and advice on advocating for your health, it's an essential resource.



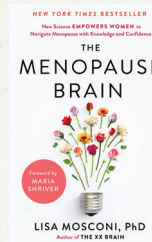
The Menopause Manifesto
by Dr Jen Gunter
The fabulously foul-mouthed Canadian

ob-gyn and women's health advocate counters misogynistic attitudes and the mystification of menopause. She offers a fresh perspective on this natural transition, and debunks myths with facts, real science and humour. She challenges outdated therapies and provides practical tips for managing symptoms. Her frank and funny approach makes this guide both fact-filled and reassuring.



What I Know for Sure
by Oprah Winfrey
To celebrate its 10th anniversary

since it was first published, *What I Know for Sure* has been updated. The book – originating from Oprah's column in *O, The Oprah Magazine* – is filled with wisdom and guidance. It is organised by themes such as Joy, Resilience and Gratitude. Oprah's candid and uplifting writing makes it a timeless resource for personal growth, inspiration and empowerment. On shelves this November.



The Menopause Brain
by Dr Lisa Mosconi
This best-seller (see our story on page 44)

reveals how menopause affects your brain – and it's not how you might imagine! Neuroscientist Dr Mosconi explains how hormonal changes affect everything from body temperature to mood and memory. With advice on enhancing cognitive function, making lifestyle changes and caring for yourself, she shows how menopause is a transition that can lead to better things.

WHOM TO FOLLOW



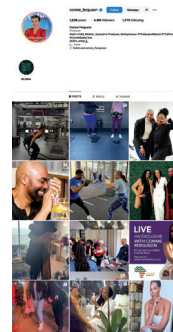
Gym Tan
@californiaistooeasy

Meet Gym Tan, a 63-year-old TikTok sensation who is redefining style. She critiques too-casual dressing for everyday wear and offers sophisticated fashion advice instead. Gym's blend of classic luxury and modern trends has made her a favourite for guidance on both clothing and lifestyle. Since starting her account in 2021 (with the encouragement of her daughter), the former fashion exec has amassed a significant following. Her keen eye for detail makes her posts both entertaining and aspirational. Follow her for a fresh take on fashion at 50+ and to see how she's redefining style for a new generation.

Margaret Gardiner
@margaret_gardiner

Based in Los Angeles, SA-born former Miss Universe and writer Margaret Gardiner is often on the red carpet. With her insider perspective on the glamour and the challenges of Hollywood life, Margaret provides a fascinating look behind

the scenes with engaging interviews and keen insights into the entertainment industry. Follow her on Instagram for red-carpet glamour, celeb interviews and personal reflections on life in the spotlight – and look out for her upcoming novel, *Damaged Beauty: Joey Superstar*.



Connie Ferguson
@connie_ferguson

Actress Connie Ferguson is an inspiration when it comes to fitness and mental health. After losing her beloved husband, she candidly shared her journey of grief and healing. Connie emphasises the importance of exercise for emotional wellbeing, and posts about strength and resilience. Her dedication to both physical and mental health inspires followers seeking motivation and support. Her posts are uplifting and real. Follow her on TikTok and Instagram to join her on her journey of healing and self-care.