

**SURVIVING THE FOG, SWEAT, AND TEARS OF
PERIMENOPAUSE**

Ray Kathryn Mccarrell

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I went home at 3 and went to bed until 6. Let me know if there is anything specific you are concerned .

MostpeoplethinkitisalltiedtoweakSweatmusclesduetochildbirth.Then,
That is true. Then I will head home and count up the comments and sleep for a couple hrs.

You'renotaloneinwonderingwhatcouldbehappening.Abrokenanklenotbrai
I woke up freezing because I was covered in cold sweat. I woke up three nights ago after a terrible dream.