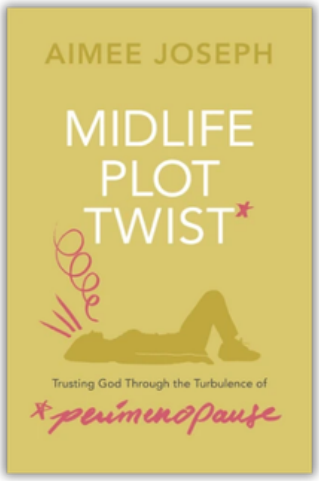
What if the changes of midlife aren't a detour from God's plan—but an invitation to trust Him in a whole new way?



Hot flashes. Insomnia. Mood swings. Brain fog. Changing bodies. Shifting relationships. Empty nests—or unexpected challenges that come when children are still at home. For many women, perimenopause can feel like an unwelcome plot twist in a life they thought they understood.

In *Midlife Plot Twist: Trusting God Through the Turbulence of Perimenopause*, author and Bible teacher Aimee Joseph meets women in the middle of that bewildering transition with humor, honesty and gospel-centered hope. Rather than treating perimenopause simply as a physical or medical problem to solve, Joseph explores the deeper physical, emotional, relational and spiritual upheaval that can accompany midlife—and points women back to the unchanging character and promises of God.

Through relatable experiences such as changing bodies, short tempers, brain fog, feelings of powerlessness, shame and changing family dynamics, Joseph helps women see that even when life feels unfamiliar, God remains steady. She encourages readers to appreciate the bodies and lives God has given them, rest in His presence, cultivate prayerful dependence and continue following Christ faithfully through a season of profound change.

Midlife Plot Twist speaks to women across a variety of life circumstances—single, married, mothers and childless women alike. Its message is ultimately bigger than perimenopause, as Joseph writes: "While the perimenopausal years are marked by tumultuous change, God's word doesn't change," says Joseph. "Understanding what is happening to our bodies helps us, but our ultimate hope comes from the unchanging character of God. Your waistline might be changing, but your God isn't."



Aimee Joseph is a church-planting wife and a mother to three sons (ages 18, 17 and 13). She loves serving alongside her husband, G'Joe, who pastors Center City Church in La Mesa, CA. She is also the author of *Made to Rest: True Peace in a World That Never Stops* (New Growth Press, 2026); *Look, Listen, Live* (Christian Focus, 2025); *You Are Secure* (New Growth Press, 2024); and *Demystifying Decision-Making* (Crossway, 2022). Aimee enjoys equipping women to love God's word in the local church. Her own perimenopausal plot twist compelled her to encourage other women to find eternal perspective in such a potentially turbulent season.

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Interview Topics and Suggested Questions

- **Why Christian women shouldn't have to choose between talking honestly about their bodies and talking about their faith.** Perimenopause affects far more than physical health—it can touch emotions, relationships, confidence, identity and spiritual life.
- **What to do when you don't recognize yourself anymore.** Aimee offers a deeply relevant conversation about finding stability when your body, emotions or circumstances seem to be changing faster than you can process them.
- **The spiritual side of brain fog, irritability and exhaustion.** What does it look like to follow Christ faithfully when you don't feel like your best—or most patient—self?
- **When your body becomes a source of frustration or shame.** Aimee helps women move toward gratitude and grace rather than feeling betrayed by or ashamed of their changing bodies.
- **Midlife as a season of spiritual growth rather than decline.** Instead of viewing perimenopause as something women simply have to survive, Aimee invites them to consider what God might be doing in them during this season.
- **How to remain hopeful when life doesn't look the way you expected.** The book's concluding movement—from "languishing to leaving a legacy"—opens up a particularly meaningful conversation about purpose and what God may still want to do through women in the second half of life.
- **The church's menopause conversation.** There is a real opportunity for Christian women, churches and women's ministries to become places where women can talk about perimenopause openly rather than feeling embarrassed, isolated or spiritually inadequate.
- **Why women don't need to "fix" themselves to be useful to God.** Aimee's message ultimately redirects women from the pressure to regain control of everything to trusting an unchanging God amid circumstances they cannot control.
- **New Year, Same You: What If You Don't Need to Reinvent Yourself?** January tells women to set bigger goals, fix themselves, start over and become a "better" version of themselves. But midlife often brings unexpected changes that make that whole framework feel exhausting and, quite frankly, impossible. Aimee can talk about receiving the life God has actually given you rather than constantly trying to manufacture a new one.

- For women who are approaching or already experiencing perimenopause, what do you wish someone had told you about this season of life—and why did you feel compelled to write *Midlife Plot Twist*?
- What are some of the ways this season can affect a woman's physical, emotional, relational and spiritual life?
- Many women say they don't quite feel like themselves during midlife. How can women navigate those changes without feeling ashamed, discouraged or like they've somehow "lost" themselves?
- What does it look like to trust God when your body and emotions feel unpredictable and you're dealing with circumstances you simply can't control?
- How can Christian women cultivate grace toward themselves during a season when irritability, exhaustion, brain fog and other changes may make them feel like they're not living up to their own expectations?
- You encourage women to see midlife not simply as something to endure, but as an opportunity for spiritual growth. What might God be inviting women to discover about Him—and themselves—during this season?
- As women enter a new year, there's often enormous pressure to set goals, reinvent themselves and become a "better" version of themselves. What would you say to the woman who instead needs permission to embrace the season she's actually in?
- If you could leave women with one message about navigating midlife with faith and hope, what would you want them to remember when the next unexpected plot twist comes?

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Did You Know?

Perimenopause is the phase leading up to menopause. It's the time when the hormones estrogen and progesterone begin their descent but wildly fluctuate along the way. Those fluctuations trigger the symptoms associated with menopause like hot flashes, mood swings, and irregular periods.

Perimenopause typically starts in your mid-40s. This stage is four years, on average, but it can last up to 10 years for some women. According to a survey, 68% of women said mood changes were one of the first signs of perimenopause, while 63% said they dealt with brain fog or forgetfulness.

Approximately 2 million women enter perimenopause each year.

Perimenopause is an underrecognized life stage that is often accompanied by complex and fluctuating symptoms.

According to a study done by The Menopause Society, 34% of participants reported being unsure of their reproductive stage. Uncertainty varied by age and symptom severity, peaking at 42% in those aged 40 to 44 years, and 37% in those with severe symptom burden.

Symptom confusion and attribution were the most common (56%), reflecting difficulties interpreting bodily changes and distinguishing perimenopause from other causes.

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