

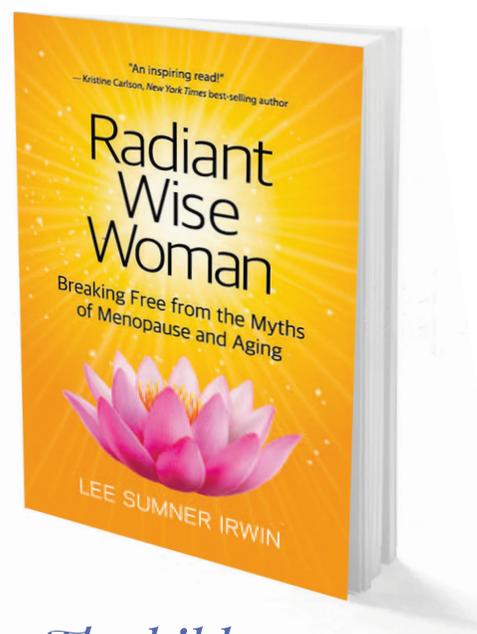


# LEE SUMNER IRWIN

is on a mission to shatter outdated myths about menopause and aging. Her dramatic pro-age vision is helping women unlock new possibilities for living their happiest, healthiest, and most fulfilled life at any age.

*Founder of the worldwide Radiant Wise Woman movement, award-winning teacher, and international retreat leader with 30 years of experience in women's transformation, Lee is known as a "midwife for midlife."*

*Her new book "Radiant Wise Woman: Breaking Free from the Myths of Menopause and Aging" gives women the tools they need to resolve issues from hormone imbalance to low libido and empowers them to embrace a new era of conscious aging.*



## Popular Topics

- ▶ **Myths of Menopause & Aging**
- ▶ **How to Find Your Lost Libido**
- ▶ **Staying Healthy, Sexy & Happy After 50**
- ▶ **Secrets to Aging Gracefully**

“*The bible for midlife transition.*”

## Sample Interview Questions

What are the **biggest myths of menopause and aging** and why are these so damaging?

Why is a **new story of aging** so important, especially now?

Give us your top 3 tool and tips to **help women struggling through the maze of menopause.**

What natural relief do you recommend for **hot flashes, anxiety, and sleepless nights?**

**What surprise did you discover** when you interviewed older women about their sexuality?

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## Women's Health & Menopause

What are the main **myths of menopause** and why are these so damaging?

What do you mean by **“sacred exhaustion?”**

Tell us the **biggest energy vampires** that drain a woman's energy.

How can we **reduce “bad stress”** that causes belly fat and insomnia?

How can a woman's **“body wisdom”** help her speak her truth?

Talk to us about **how hormones spark creativity**.

What natural relief do you recommend for **hot flashes, anxiety, and sleepless nights**?

Give us your top 3 tools and tips to help women struggling through **the maze of menopause**.

What are the **four vital questions** every woman over 40 needs to ask herself?

## Reframing Aging

Why aren't the **changes that come with midlife and aging** talked about more openly?

Why does the world need a **new story of aging**, especially now?

What are the main **myths of aging** and why are these so damaging?

What are the **qualities of a “wise woman”**?

What is a woman's **“second spring”**?

**Why is loneliness so dangerous** for older women?

How can we **age gracefully through behaviors within our control**?

What is the **#1 secret to staying vibrant, healthy, and more attractive than ever** during menopause and beyond?

## Sexuality & Pleasure

Is there help for a woman who has **lost her libido** and wants to rejuvenate her sex life?

How are women **designed to enjoy pleasure**?

What fears are **pleasure-stealers**?

What did you discover that was a **surprise about older women's sexuality**?

What are 2 valuable resources to help women **reclaim simple pleasures** every day?

How does embracing pleasure **help us love and accept ourselves**?

How can a woman **talk to a man about menopause** and what she needs?

What are the top 10 ways to increase the **“feel-good” hormone oxytocin**?

*For a list of  
interview questions  
customized for your  
broadcast, please  
contact Lee  
through one of  
the links below.*



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