

The Perimenopausal Brain at Work
READING, TALKS & RESEARCH

FLUXX[®]

Fluxx programmes are grounded in evidence from psychology, neuroscience and the wellbeing sciences.

This resource lists a selection of the books, articles, podcasts and peer-reviewed research that inform the *Midlife Reframe* online programme and the *Perimenopausal Brain at Work* webinar. Our goal is to translate this research into practical tools you can apply in everyday life.

Research in this field is evolving quickly. This list highlights key influences rather than providing a comprehensive literature review.

Participants of the [Midlife Reframe](#) receive a fuller version with deeper dives into concepts. This is the truncated edition.

Research articles

- Ayers, B., Forshaw, M., & Hunter, M. S. (2010). *The impact of attitudes towards the menopause on women's symptom experience: A systematic review*. *Maturitas*, 65(1), 28–36. <https://doi.org/10.1016/j.maturitas.2009.10.016>
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Investigating how menopausal factors and self-compassion shape well-being: An exploratory path analysis. *Maturitas*, 81(2), 293–299. <https://doi.org/10.1016/j.maturitas.2015.03.001>.
- Gignac, G. E., & Zajenkowski, M. (2025). Humans peak in midlife: A combined cognitive and personality trait perspective. *Intelligence*, 113, 101961. <https://doi.org/10.1016/j.intell.2025.101961>
- Godfrey, O., & Bogg, T. (2025). Premenopausal and perimenopausal predictors of postmenopausal health and well-being: Testing a disposition-belief-motivation framework. *Applied Psychology: Health and Well-Being*, 17(2), e70012. <https://doi.org/10.1111/aphw.70012>
- Klukas, I.F., & Schotanus-Dijkstra, M. (2026). How to Flourish during the Menopausal Transition: A Scoping Review on Emotional, Social and Psychological Wellbeing. *J Happiness Stud* (27), 73. <https://doi.org/10.1007/s10902-026-01059-7>
- Meng, Y., Li, H., Qu, Y., & Yu, G. (2025). *Work–Family Boundary Fit and Employee Well-Being: The Mediating Role of Work–Family Conflict*. *Behavioral Sciences*, 15(8), 1122. [10.3390/bs15081122](https://doi.org/10.3390/bs15081122)
- Süss, H., Willi, J., Grub, J., & Ehlert, U. (2021). Psychosocial factors promoting resilience during the menopausal transition. *Archives of Women's Mental Health*, 24(2), 231–241. [doi: 10.1007/s00737-020-01055-7](https://doi.org/10.1007/s00737-020-01055-7)

Podcasts / videos

- [Menopause is a renovation project on your brain. How can you best project-manage?](#) Dr Lisa Mosconi. ABC Listen (19 minutes). A clear explanation of how hormonal changes affect the brain during menopause. Mosconi reframes brain fog and cognitive changes as part of a temporary neurological transition rather than decline.

- [Humans peak in midlife](#). Dr Sarah McKay. LinkedIn (2.18 minutes). A short, encouraging summary of research suggesting many cognitive and emotional capacities improve in midlife. A helpful counterpoint to the 'everything goes downhill after 30' narrative.
- [Life's Third Act](#). Jane Fonda. TED. (11 minutes). A compelling and funny reflection on the later stages of life as a period of growth, reinvention and purpose, from someone who has clearly lived it.
- [Dr Mary Claire Haver on The New Menopause](#). Brene Brown. (1hr). Unlocking us podcast. Covers navigating symptoms, medical advocacy and dismantling outdated narratives about this phase of life. Grounded and practical.

Articles

- [Three things to know about your brain in menopause – and how to navigate the changes](#). Sarah Sloat, The Guardian. A concise overview of emerging neuroscience research explaining brain fog, mood shifts and cognitive changes during menopause.
- [Forbes 50 over 50](#) and [Dare Magazine's Fifty over 50](#). Two collections of stories about women, and people, doing remarkable, meaningful work in their 50s, 60s and beyond. Sometimes the most useful thing is simply seeing evidence that the best is not behind you.

Books

- **The Menopause Brain: The new science for women to navigate midlife and optimise brain health for later years**. Lisa Mosconi (2024). One of the most accessible books on the neuroscience of menopause. Mosconi explains why symptoms occur and what genuinely supports brain health during this transition.
- **Secrets of Women's Healthy Aging**. Cassandra Szoeki (2021). Based on decades of longitudinal research on women's health, this book explores why women often thrive cognitively and emotionally as they age.
- **Breaking the Age Code: How your beliefs about aging determine how long and well you live**. Becca Levy. Levy's research demonstrates that our beliefs about ageing directly influence our health, memory and longevity.
- **Hagitude: Reimagining the Second Half of Life**. Sharon Blackie. Drawing on mythology, folklore and cultural history, Blackie reframes menopause and midlife as a period of renewal, wisdom and creative power.
- **The Dance of Anger: A woman's guide to changing the patterns of intimate relationships**. Harriet Lerner. An older book, first published in 1985, now updated, and still one of the most honest accounts of how difficult it actually is to change patterns in relationships. What we took from this: when you start to shift how you show up, expect pushback. Understanding why that happens, and how to hold your ground through it, is some of the most practical reframing work you can do.