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For Immediate Release

REAL GIRLS GUIDE TO MIDLIFE

By Angela Burk

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**Angela Burk's Raw and Wickedly Funny New Book
REAL GIRLS GUIDE TO MIDLIFE
Is a Manifesto for Living Boldly and
Rejecting The Rules Holding Women Back**

Forget everything you think you know about women at midlife. Angela Burk's brutally honest, deeply passionate book **REAL GIRLS GUIDE TO MIDLIFE** is the antidote to every glossy, sanitized narrative ever written about aging gracefully. This isn't a guide to getting it right. It's a companion for getting real – a manifesto for women who are tired of shrinking, settling, and waiting for permission to live boldly.

From career reinvention to navigating three waves of menopause including rage and a host of wild symptoms, Burk holds nothing back. After divorcing at 45 with three young sons, she torched the script she'd been following for decades and rebuilt her life from scratch — complete with a long-distance love, a blended family of seven kids, and hard-won wisdom about sagging knees, disappearing eyebrows, and the fierce confidence that only comes at midlife.

Confronting Reality

REAL GIRLS GUIDE TO MIDLIFE tackles the topics most books only whisper about.

Burk confronts the reality of divorce and dating in midlife, the grief of friendships that no longer fit, the 3 a.m. panic attacks about dying alone, and the stunning realization that too many women have spent decades giving their power away to partners, bosses, and societal expectations that were never designed for their benefit.

More

"I had this delusional fantasy that after surviving my 20s, 30s, and 40s, I'd earn some golden ticket to calm and serenity," Burk writes. "Turns out, midlife doesn't hand out calm breezes. It actually delivers 'What-in-the-actual-f*ck is even happening?' karate kicks to the ribcage."

The book doesn't shy away from the physical realities either. Burk catalogs the brutal honesty of bodies in transition: wrinkled elbows that can predict a woman's age within three years, facial hair her 14-year-old compared to "an overripe peach," and bladder leaks requiring Poise Pads as a purse staple. Yet underneath the humor lies a deeper truth about finally feeling comfortable in your own skin — not despite these changes, but because of the hard-won confidence they represent.

Expert Voices Amplifying the Message

What makes **REAL GIRLS GUIDE TO MIDLIFE** truly authoritative is Burk's integration of expert perspectives throughout. Licensed therapists, life coaches, psychologists, and midlife transition specialists provide clinical validation for what women are experiencing.

Michelle Cantrell, LPCC, who rebuilt her life after a 28-year marriage ended, offers this wisdom: "Your needs aren't too much — they're just unmet. I've never felt more sensual than I do now. Sex isn't about performance anymore, it's about presence and pleasure."

Family therapist Charlie Bauman tackles generational baggage head-on, noting that "the Women's Movement never made it to the kitchen table" — women still carry the invisible emotional labor that keeps families functioning.

Psychologist Dr. Nivedita Nayak reframes solo aging entirely: "Solo doesn't mean small, it means sovereign. You get to decide what's sacred now."

Building Community

Rather than offering platitudes about self-care bubble baths, Burk provides a blueprint for building real community. She celebrates women who co-bought property to create co-

housing arrangements, friends who've become emergency contacts and spiritual lifelines, and the "messy, makeshift village" that replaces traditional family structures when those don't fit or no longer work.

"If the world didn't give us the village, we'll build the thing ourselves — with snacks, boundaries, and a shared Hulu login," Burk declares. "Community, at its core, is a rebellion. A sacred, messy, magnificent middle finger to the idea that family only counts if it shares your last name."

Creating A Personal Manifesto

Burk concludes **REAL GIRLS GUIDE TO MIDLIFE** with a forceful call to action — a manifesto for living midlife awake, rather than sleepwalking through roles, expectations, and old emotional habits. She discusses the powerful beliefs that restrict women — that smaller is better, that silence is graceful, that being low maintenance is virtuous, that anger is shameful, that rest must be earned. And then guides readers through a two-part practice to identify what they need to release and what they want to claim, thus creating their own personal manifestos.

In an era where menopause is finally entering mainstream conversation and women are rejecting outdated narratives, **REAL GIRLS GUIDE TO MIDLIFE** speaks to the millions of women who are navigating the chaos. "I realized I'd spent way too long letting other people write my story for me," says Burk, "This book is for every woman who's been told that she's 'too much,' or that her best years are behind her. Spoiler: They're not. They're happening right now!"

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About the Author: Angela Burk is an award-winning marketing strategist, mother of three, bonus mom to four, and fierce advocate for women reclaiming their stories at midlife. She splits her time between California and Australia with her partner, proving that the best chapters often require a passport, grit, and zero apologies. You can learn more at www.realgirlsguide55.com or follow Angela on [Substack](#).