

RACHEL Lankester

Author | Podcaster | Speaker | Gerontologist



Empowering Women to Thrive in Midlife & Beyond

Rachel is a leading voice in redefining midlife and menopause. She's the author of **Magnificent Midlife: Transform Your Middle Years, Menopause and Beyond**, recommended in **The New York Times** as one of seven top books about menopause.

Rachel hosts top midlife and wellness podcast, **Magnificent Midlife**, and is the founder of **MenoClarity**, a global hub for evidence-based, unbiased information about menopause.

Rachel draws on her personal experience of a devastating early menopause diagnosis, to deliver engaging and insightful talks about midlife and female ageing. She motivates audiences to embrace midlife as a time of growth and empowerment. She challenges the ageist stereotypes of the world in which we live.

Rachel is also a gerontologist with a particular interest in the digital exclusion of older people.

AS SEEN IN/ON



BOOK RACHEL FOR YOUR NEXT EVENT

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🌐 magnificentmidlife.com 🌐 menoclarity.com



RECENT TALKS

- The Vagina Museum - How To Be A Peri Queen
- Every Woman Festival – How To Prepare For Menopause
- Mind Body Spirit Festival – Unleash The Power of Menopause

SUGGESTED TOPICS

- Rebranding menopause, midlife and female ageing
- Busting menopause myths
- Challenging gendered ageism, society's and our own
- Midlife reinvention/career change
- Midlife angst and how to move past that
- Natural remedies for menopause
- Coping with early menopause
- Dodgy data and narratives in the menosphere
- The digital exclusion of older people

