Coming Next on Hotness! Reconnecting with Your Confidence and Desire in Midlife Transcript

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Podcast Introduction and Mission

Welcome to Hotness, the podcast that brings you practical tools to balance your hormones and rekindle connection, confidence, and desire in midlife and beyond.

I'm your host, Dr. Liz Lister. Hotners is a safe space for honest conversations about menopause, sex, identity, love, loss, reinvention, and desire, because you can embrace your hotness at every age.

Welcome to Hotness, the podcast where hormones, confidence, and desire come back online.

Bonus Episode and Listener Thanks

This is a little bonus episode, a sneak peek at what is coming on future episodes. I got wonderful feedback. Thank you to all of you who have listened already and please keep sharing and liking and reviewing.

That helps push it out. to more people, especially women in midlife who can use tools, not rules, to really thrive and feel awesome in this incredible stage of life.

What is coming is a series of amazing guests.

Upcoming Expert Guests

I have therapists who specialize in trauma in the body, trauma release. communication skills, I have a pelvic floor physical therapist, she's amazing, an osteopath, also just a beautiful soul, incredible guests, people who specialize in functional medicine.

So I am just beyond thrilled at the guests who are gonna be having conversations with me on this podcast. Also, and this is really fun, I had not really put the word out yet, so I wanted to share it with you.

There are going to be four different recurring segments.

Recurring Segment: Menopause and Science

One of them is called Things No One Told You About Menopause. And by the time you hear this, one of those might have already aired. That's one the recurring segment.

Another one is Spicy Science. So that's also coming soon. The first one is on testosterone and libido. Whether it does, how much does it help? Does it or does not help, to what extent?

Another one, is called midlife plot twist. Those of us in mid-life have all experienced changes, including loss.

Recurring Segment: Midlife and Dating

All right, and so I share some of my own experiences as well as handling that loss in a way that allows us to feel complete and move on and not just be at the same level in our lives, but to really be able to continue to grow and expand beyond these changes that we often experience as loss, in midlife.

And last but not least is one that is called Dating in the Wild. It's a really fun one. I've already got a couple of those lined up for you where I share some of my stories.

Not all of them, not yet. But a lot of fun. My guidelines for online dating that have served me really well. I really just, you know, and people in relationships should still date.

So I've really had a fun recording all of these episodes for you. So please stay tuned, please continue to listen and share and give me your feedback.

I welcome all feedback and I just am very excited to help you reconnect to your hotness. Thanks for listening to Hotness, help more women find these practical tools by liking, sharing and following the show as well as leaving a review.

As a gift for listening, go to drlizmd.com forward slash hotness for your free midlife guide filled with powerful support for you mind, body and soul because you can embrace your hotnes at every age.