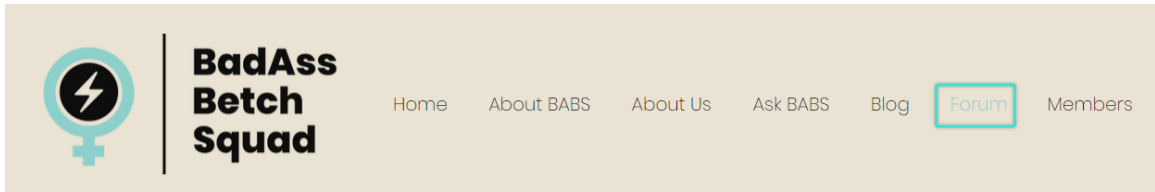
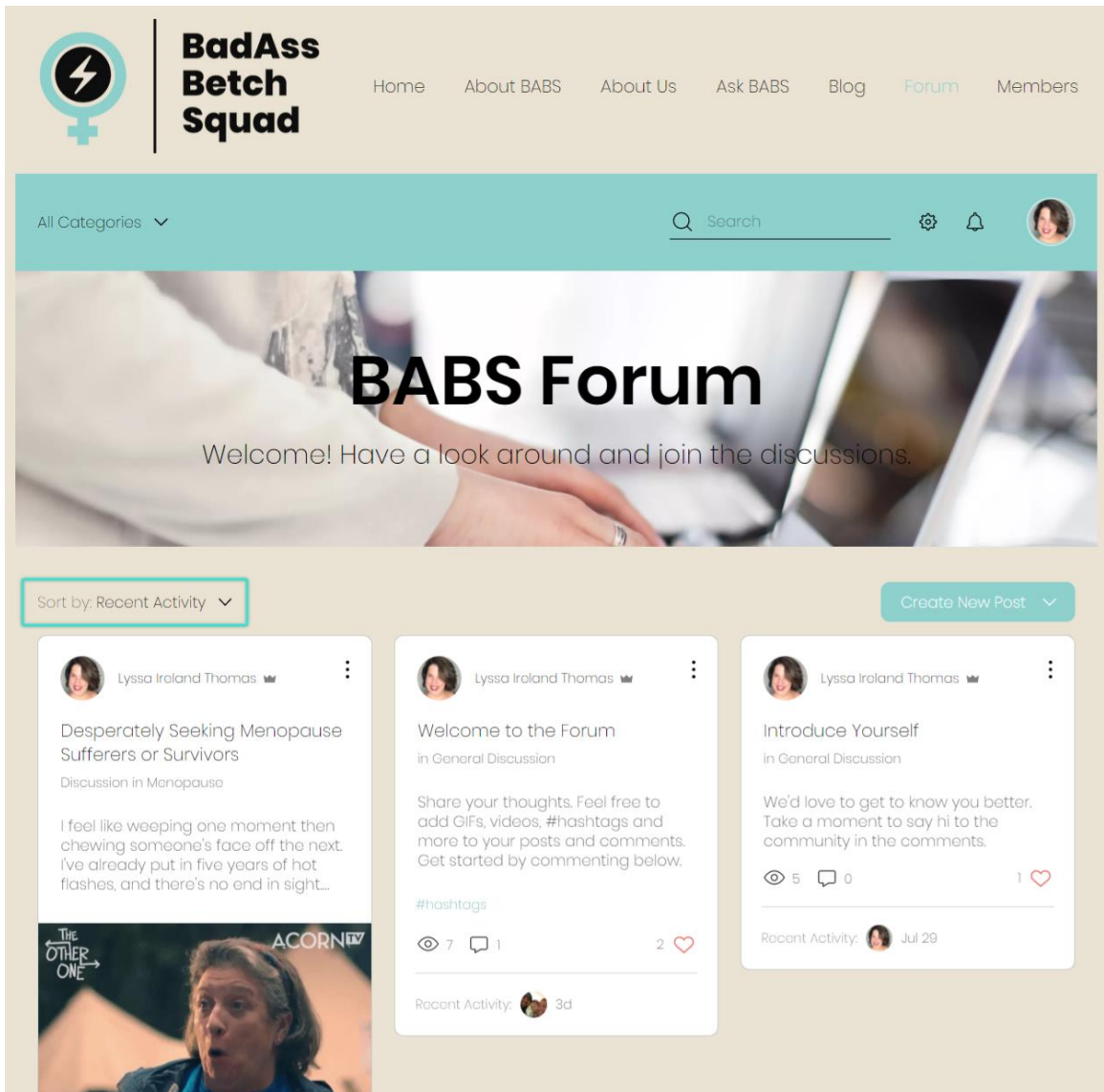


Joining the BadAss Betch Squad Forum

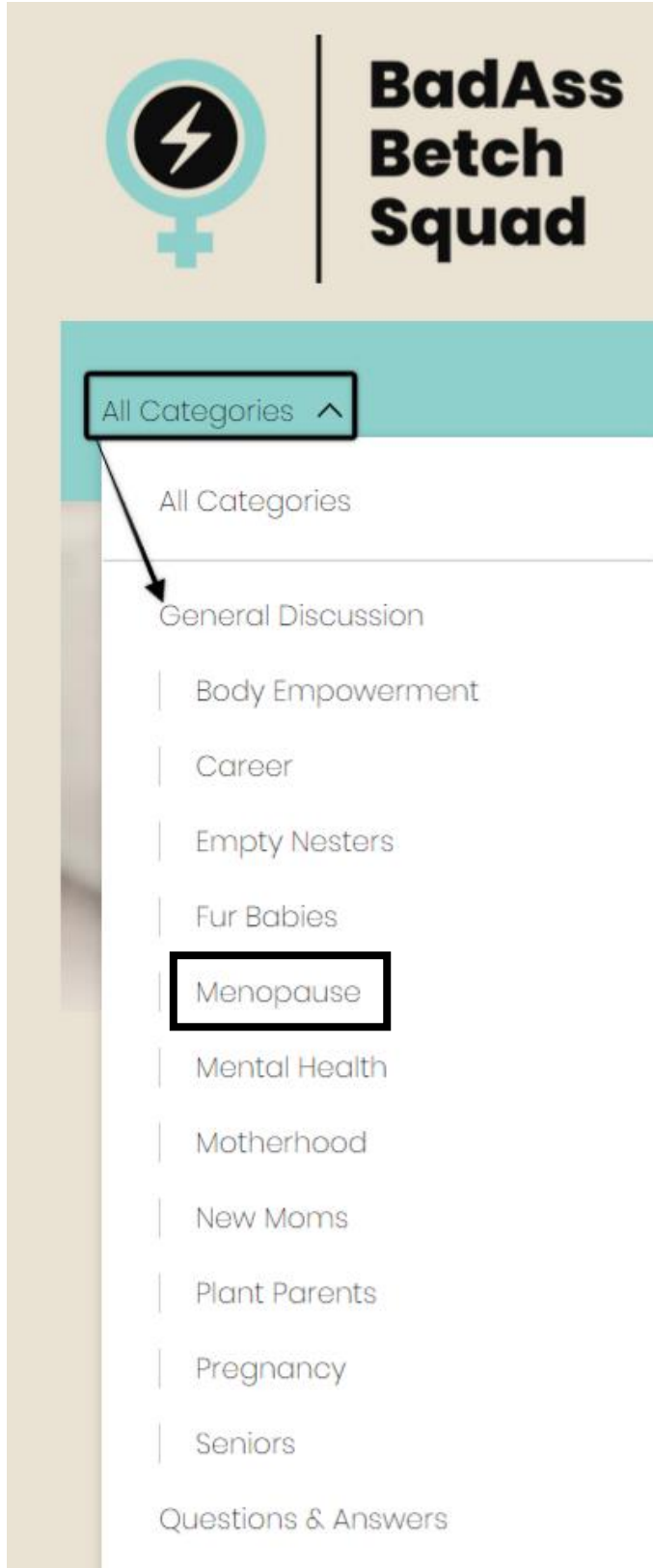
1. Click **Forum** on the menu bar.



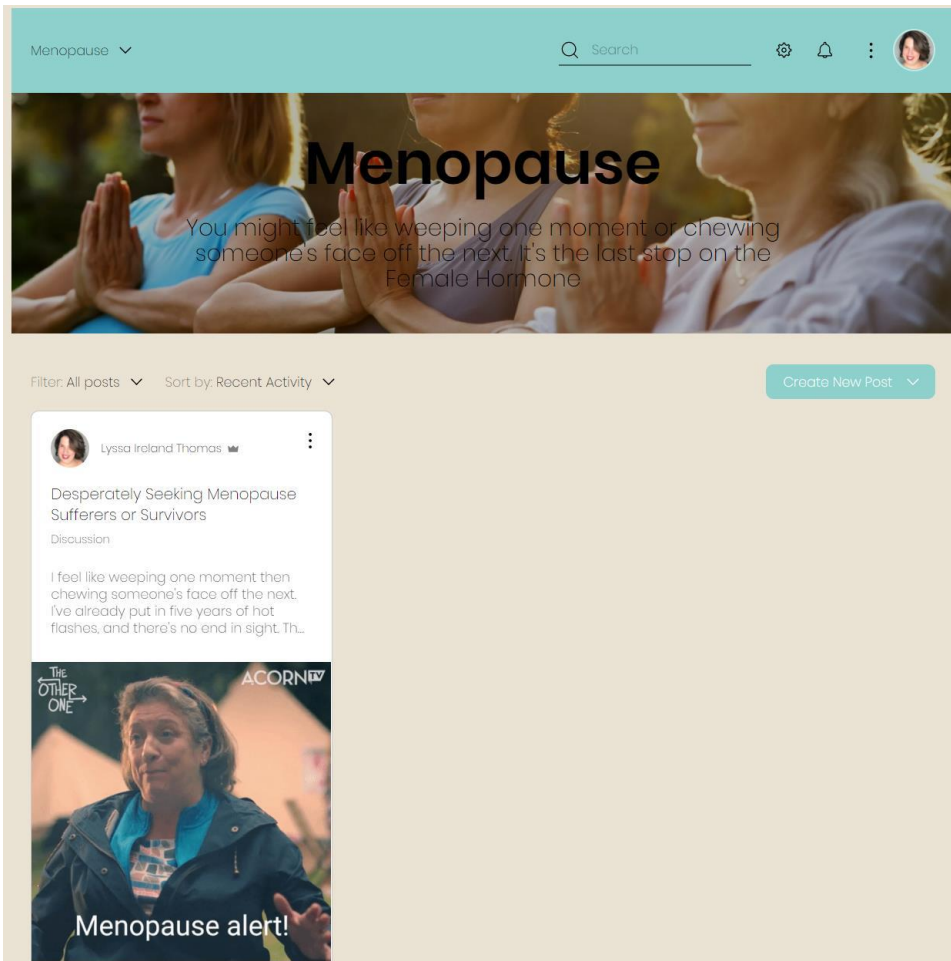
2. In the BABS Forum, you will see all **Recent Activity**.



3. Click **All Categories** to see forums that have been established.



- Once you have selected a forum from the list, you will go to that forum page.



- Click on the **Card** that you want to enter.



6. Scroll down to see the **Comments**.

I know it's the last stop on the Female Hormone Train, but it's a doozy.
Dear Lord, if there is anyone out there to talk to, please send her my way.



Comment

Follow Post

18 views
2 comments

- Categories
- General Discussion
 - ↳ Body Empowerment
 - ↳ Career
 - ↳ Empty Nesters
 - ↳ Fur Babies
 - [See all categories](#)

Comment

Share

Lyssa Ireland Thomas

Looking for my Meno-Buddy Lisa! My Crazy Train ticket has been punched. Unfortunately, I'm headed to Stabbyville!

19h

Reply

7. At the bottom of the Comments, you can write your own comment. Click **Publish** when done.

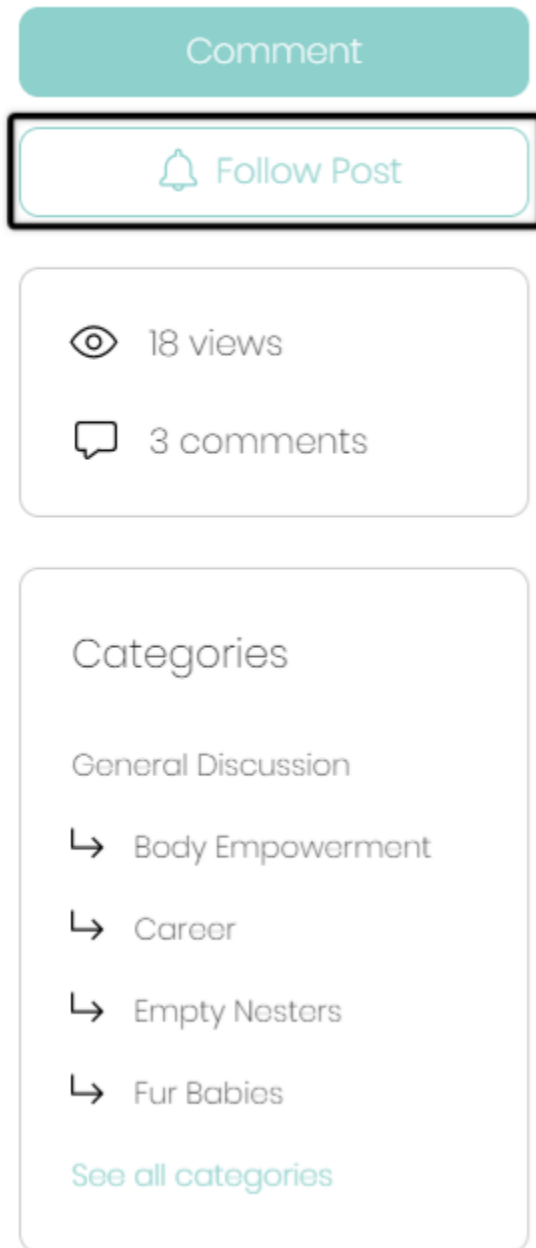
Lyssa Ireland Thomas

I've had the hot flashes on and off for five years now. The intermittent rage is exciting - NOT. But the deep pit of sadness is overwhelming for me. I should be excited that my kids are embarking on this new chapter in their lives, but instead I just feel blue. When I try to find books on the subject, ninety percent deal with diet. But of course! I don't give a sh*t about my metabolism right now. I want to feel happy again. And I don't want to wait five more years to feel normal.

⊕ Somebody please hit Pause!

Cancel Publish

8. Click **Follow Post** to receive an email when someone comments on the post.



9. Click **Create New Post** to start a new discussion or ask a question.

