

# song of the beautiful beast

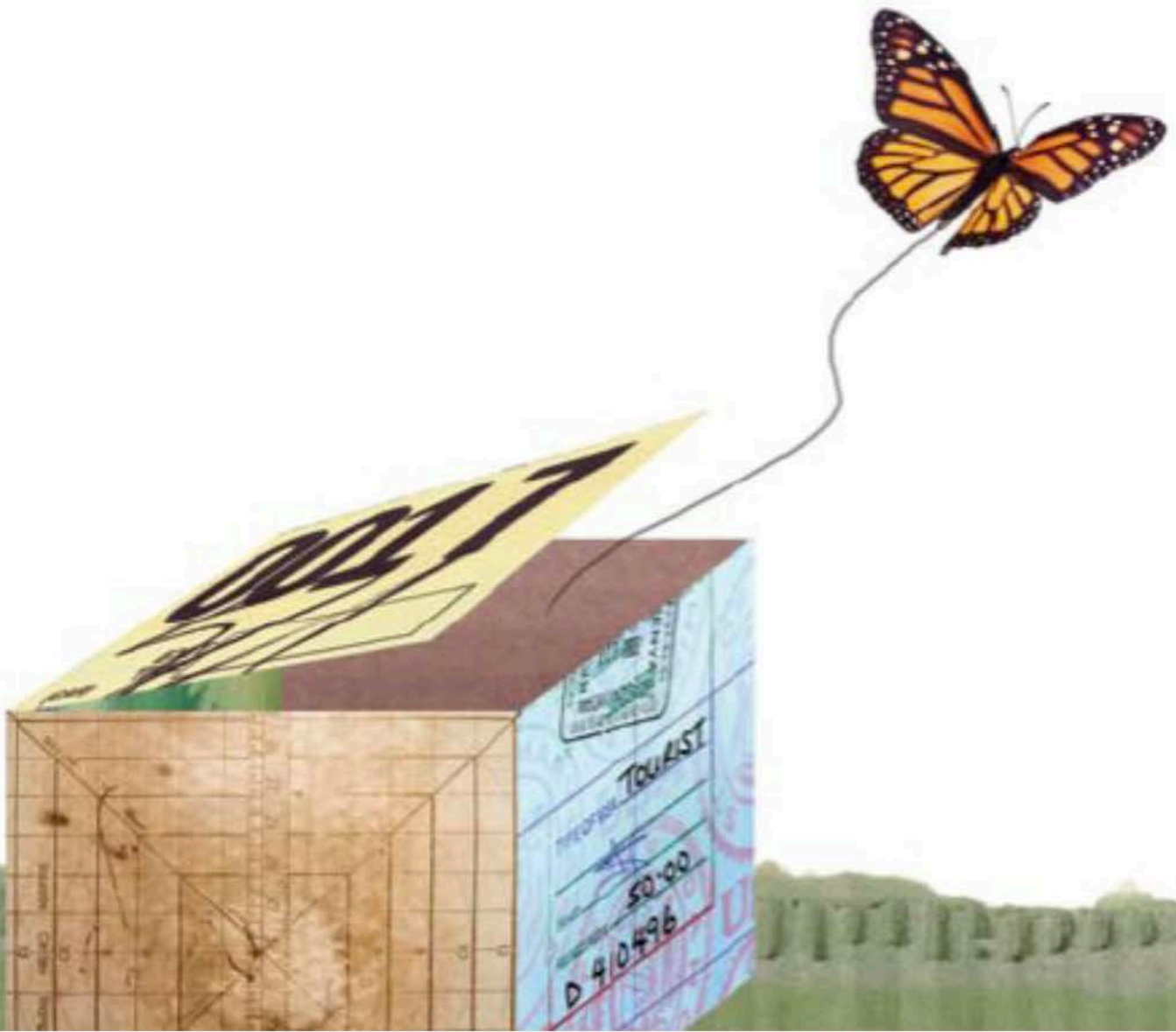
A Midlife Woman's Journey of Change  
and Listening to Her Heart



An Interactive Journal by Cristina Carlino and You



i'm finally free



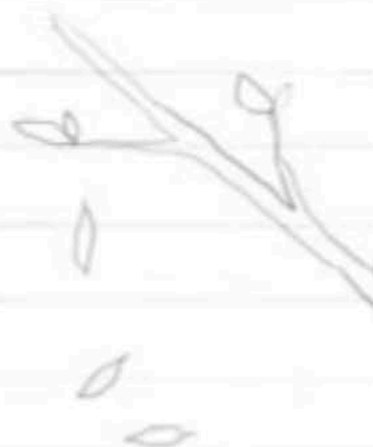
a withered tree that's  
lost its leaves



A beating heart glad to be old



Has your interest in sex changed? Is your desire weaker? Stronger? Does that make you feel loss? Grief? Peace? Relief? Joy?



What do you think can ultimately make you feel young?

Do you feel like you are crossing an "invisible line" between youth to older age? Are you crossing alone? Do you need to? Can you talk to your girlfriends about this? Your doctor?

CHaNGe.

i know it's me

Self Acceptance

I am.



Are you noticing changes in your memory? What are they?  
Do you suspect the changes are the natural result of decreasing  
hormonal levels in your body?

Do you feel you are remembering what you need to remember?



when did that tree become me?



beautiful beast that  
fits me like a glove



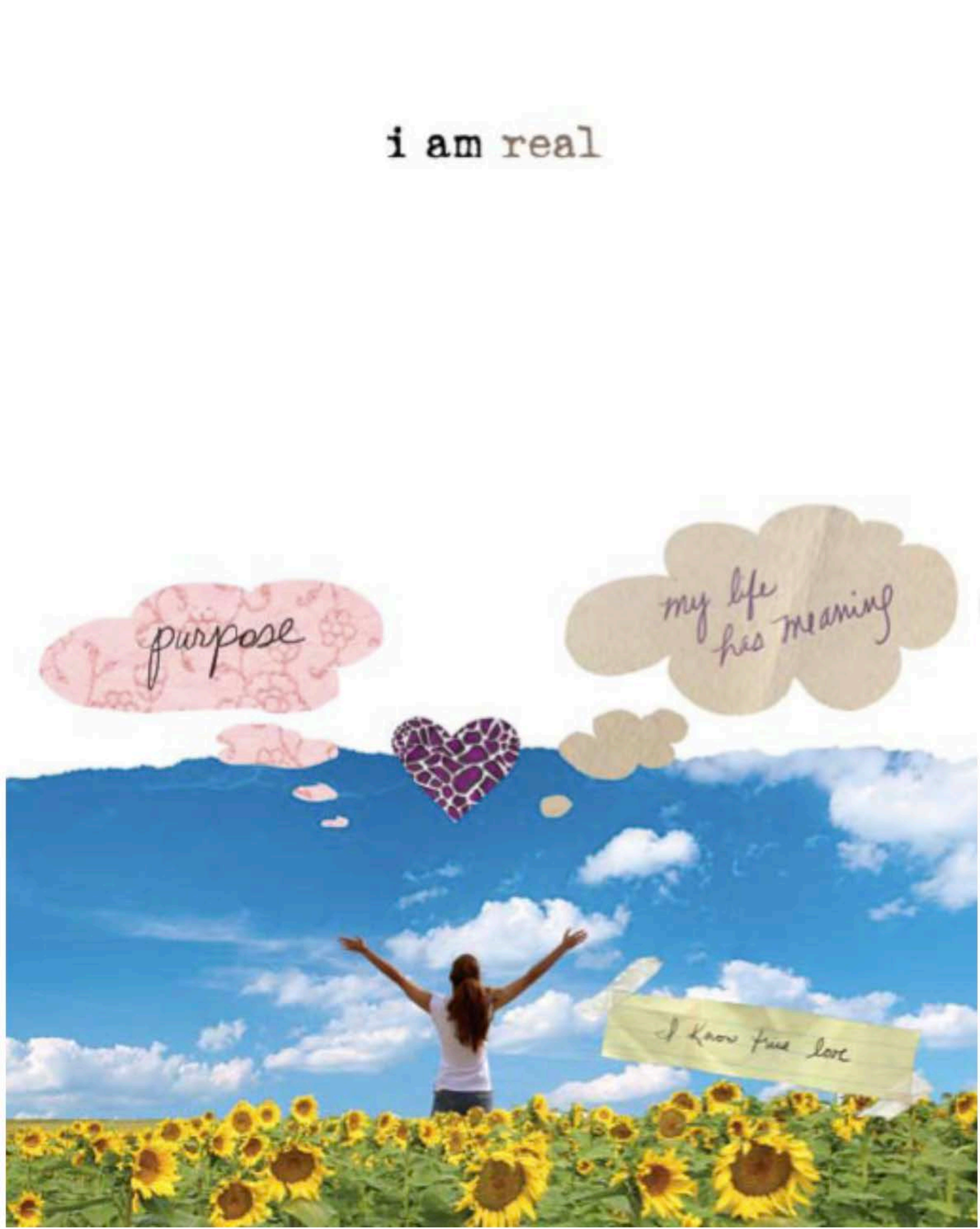
i am real

purpose

my life  
has meaning



I know true love



When you look in the mirror, who do you see? Your mother?  
Your grandmother? Your father? A rock star? You?

When you were a young girl, did you have a grandmother who  
was active in your life? Or someone else of that age?

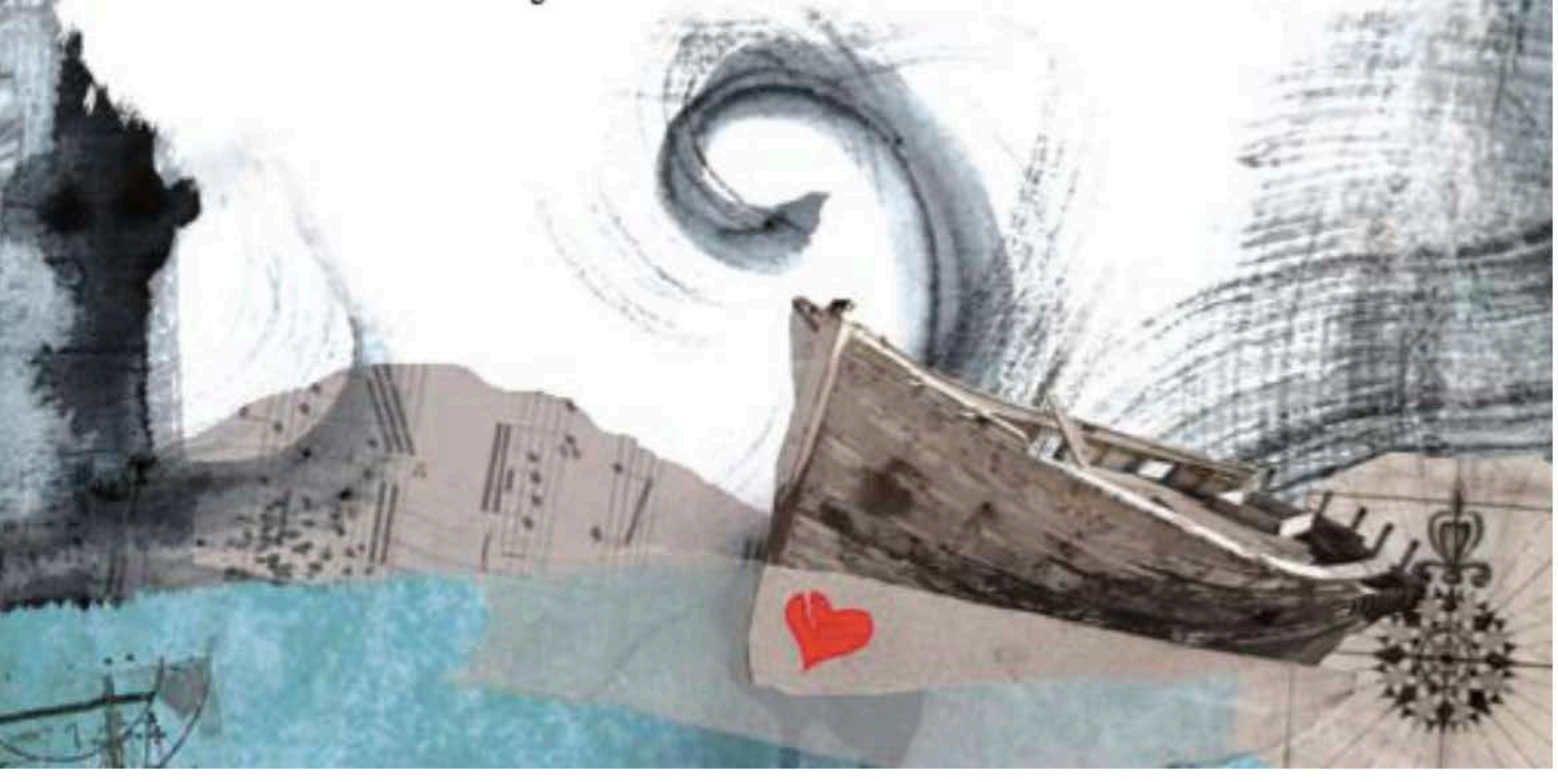
there's no going back now

cracked up paint on  
wrinkled walls



## Introduction and how to use this journal

My name is Cristina Carlino. Like you, I am woman in the middle years of my life. They say that the passage into mid life comes traditionally at age 40. It can also first happen when you're thirty or fifty-plus. For some, the final transition from youth to middle age is a "crisis." For some it is a gentle reminder that they are entering the next phase of life. For others the transition is seamless. "What transition?" For me, it seemed one day I was loudly singing one of my favorite songs, "row, row, row your boat gently down the stream," and the next day I was in my late forties hitting the bottom. Whatever this was, it wasn't gentle. It was more than a midlife crisis. It was a shipwreck. While I had experienced moments of feeling confused or frightened about getting older in the past, they hadn't stopped me from charging ahead with my fast-lane life navigated by my daily "to do and to be" list. I was a woman who was busy living my life and for the most part, I was loving it. Now for the first time, my busy schedule stopped. And so did I. Literally.



but time can't ever  
take your dreams



Age is gold

elder is wise

wise

LOVE

Inspiration



**Create, express and forever capture** in your own drawings, photos and letters this moment in time when you are the of your little girl in her first precious years. This is more than 'Baby's Years' - this book is for remembering yours.

"I can think of no greater gift I can give myself now and my daughter than this Journal to see deeper inside her soul and mine, too. I wish journal like this from my own mother. **THE CHANGING ROOM** a little of my story and this journal is for yours. Enjoy!" - Cristina

Cristina Carlino is the mother of a little girl, a daughter, a poet, a entrepreneur and the founder and creator of one of the most in cosmetic history.

  
cristina carlino books

**100% OF THE NET PROFITS OF THIS BOOK ARE DONATED TO THE JOYFUL HEART FOUNDATION.**



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