



Triggered

When Perimenopause and Trauma Collide

Blurb

You thought you'd done the work. Years of therapy. Hard-won healing. A fragile sense of peace, finally within reach.

Then perimenopause begins, and everything falls apart.

The panic attacks return. Old wounds reopen. Rage erupts without warning. Your body, the same body you fought so hard to reclaim, feels like a stranger again. You're told it's 'just the menopause' or 'you're depressed.' But you know this is something more.

Triggered names what the medical establishment refuses to see: that for women with histories of trauma, especially childhood sexual abuse, perimenopause doesn't only bring hot flashes and mood swings. It tears open the past. It reactivates survival responses buried for decades. It collides with your nervous system in ways that feel like madness.

Michelle La Marque Robertson has lived this collision. In these pages, she draws on her own experience, years of writing alongside trauma survivors in peer support groups and somatic writing circles, and emerging research to offer what you've been searching for: validation, understanding, and a way forward.

This is not a book about 'getting over it' or finding silver linings. It's about staying with yourself when everything feels impossible. About recognising that you're not broken. You're surviving an intersection no one prepared you for.

You are not crazy. You are not the only one. And this book will meet you exactly where you are.

For every woman who thought she was losing her mind – again.

Author Michelle La Marque Robertson, **Genre** Women's Health, **Date** March 2026,
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Available at Amazon [HERE](#) (Paperback) and [HERE](#) (ebook).

Author Website can be found [HERE](#)

Review (Amazon)

What an amazing well written book. I struggled to put it down. The writer connects well with her readers who have experienced trauma and anxiety, then menopause started not easy to handle all of this. Thank you for this book.