

YOUR NEXT GUEST

Colleen Ann Murphy, MD

Physician. Author. Medical answers. A little heat.

Amazon #1 New Release

IN TWO CATEGORIES

Women's Sexual Health (paperback) · Sexuality (Kindle)
Category rankings captured October 22, 2026.



WHY TRUST HER / THE EXPERIENCE

Board-certified in integrative medicine. Nearly twenty years of attending practice. Former Chief Medical Officer and Chair of Medicine.

WHY THIS BOOK / THE VALUE

Medical explanations, treatment options and words for the question she keeps editing.

WHY LISTEN / THE CONVERSATION

Frank enough to say it. Clear enough to use it. Sleep, sex, work and the life she wants ahead.

CHOOSE YOUR AUDIENCE'S CONVERSATION

The sex she'd like to be having. Desire, painful sex and the question she almost didn't ask.

The appointment she rehearsed in the car. She had the whole speech ready. Then she said, "Fine, mostly."

She earned her place. Her care should keep up. Menopause, professional identity and what better support can look like.

The 3 a.m. group chat. The rest of the house is asleep. Her brain has opened seventeen tabs.

The book

Your Fire Years: The Perimenopause and Menopause Book Your Doctor Never Read
October 5, 2026 · Unpaused Club · Paperback \$20 · Ebook \$4.99

Book Colleen

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