



The Hot Flash Club

Nancy Thayer

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From the bestselling author of *Between Husbands and Friends* and *An Act of Love* comes a wise, wonderful, and delightfully witty “coming of age” novel about four intrepid women who discover themselves as they were truly meant to be: passionate, alive, and ready to face the best years of their lives.

Meet Faye, Marilyn, Alice, and Shirley. Four women with skills, smarts, and secrets—all feeling over the hill and out of the race. But in a moment of delicious serendipity, they meet and realize they share more than raging hormones and lost dreams. Now as the Hot Flash Club, where the topics of motherhood, sex, and men are discussed with double servings of chocolate cake, they vow to help each other . . . and themselves.

Faye, the artist. A determinedly cheerful widow and connoisseur of control-top pantyhose, she’s struggling with creative block and an empty, lonely house. Now she’s got a tricky problem to bring to the club’s table: how can they catch her perfect son-in-law cheating on her only daughter Laura?

Shirley, the healer. Though her yoga-slender body belie her years, decades of dating losers and the strain of being broke make her *feel* her age. Shirley has a secret dream: a wellness spa that nurtures body and soul. But first she needs to believe in herself, in her abilities, and in her friends at the club.

Marilyn, the brain. A paleontologist who has spent so many years looking at dried-up fossils, she’s almost become one herself. Worried that her brilliant but nerdy son is about to marry the *very* wrong woman, she gets some help from the HFC, who transform her from a caterpillar to a butterfly, with amazing results.

Alice, the executive. Black and regal, she soared to the top of the corporate ladder. Now her shoes are murder on her arthritic back and the younger jackals are circling in for the kill. But as the inspiration behind the HFC, she’s about to discover something extraordinary: contentment.

For Faye, Shirley, Marilyn, and Alice, the time has come to use it or lose it—be it their bodies, their brains, their spirits, and their sense of fun. Together they realize that they *can* have it all, perhaps for the first time in their lives. And though what sags may never rise again, feeling sexy has no expiration date— and best of all, with a little help from her friends, a woman can always start over . . . and never, ever, give up what matters most.

From the Hardcover edition.

The Hot Flash Club Details

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From Reader Review The Hot Flash Club for online ebook

JoAnn/QuAppelle says

Sometimes all I ask of a book is that it entertain me for a few hours. I do not always need fine writing or realistic developments. Improbable is sometimes okay!

That being said, I really enjoyed spending a couple of days with these ladies "of a certain age". They were fun and interesting and had (mostly) real problems and issues - even if the author did allow them to solve their problems too conveniently! I am always glad to read about women who develop and treasure friendships as much as I do. I probably will not remember this book over the long-term, but it was amusing and a good way to end my good-reading month.

I brought the next two in this series home from the library yesterday and am looking forward to more entertainment in the next few days.

Charity Jackson says

Ok...so I may not be menopausal, but I still enjoyed this book. I guess because it was not only informative of what may come, but also of the hope and change that it brings in its wake. I know one thing is for certain. Friends make it a whole lot easier!

Thebestdogmom says

Not a bad book, entertaining.

Fiona Brichaut says

While I usually prefer more serious fiction, every now and then I like to relax with some fun chick lit. Some of it is excellent, incisive, insightful, and even well written in some cases.

This is none of those things. It's just fluffy nonsense and as easily forgotten as an ice cream. I was half way through before I realised I had even read it before. I can't remember what I thought of it first time round, but this time I found it poorly written, poorly constructed, with poor characterisation, full of plot "mistakes", full of episodes that stretched credibility to the utmost... all in all just a crap book.

Easy to read though, I'll say that. The only saving grace was that it managed to just about hold my interest so I wanted to see what happened next. I also had nothing else to read.

UPDATE to review: Ha ha ha. Recently we were short of paper to light a fire and I suddenly remembered how I hated this book. So I burnt it. Never burnt a book before. It felt sacreligious quite thrilling.

Kathy-Diane says

This is a fun light read as winter drags its heels.

Antof9 says

Review from BookCrossing: I read this on the plane on a business trip to New Jersey, and now it's back on DMA7's desk, waiting to be sent to the BCer who was interested in it :) (long story, but it boils down to this - I only take books on trips that I can release or give to someone on the other end. I don't want to take them back home with me once I've read them. So I brought an envelope and stamps with me, knowing I'd finish that book this trip, and then never got close to packing tape or a mailbox. . .)

Anyway, I liked this book, but I have to say it was odd. It was literally menopausal chick lit! And there's certainly nothing "wrong with that", but all the chick lit I've read before was about 20-somethings. Given the ages of the women in the book, I just automatically assumed it would have a little more depth. Silly, no? I thought it might be a little bit more like Angry Housewives Eating Bon-Bons, but it wasn't. It had elements of the female friendships, but not quite the depth.

This did give me a bit to think about, and was fun to read -- great for a plane ride or a beach, I think. And the flight attendants who sat across from me during takeoff and landing thought the title was hysterical. Always good to get people interested in books, in any way possible, I say!

Barbara says

I picked this up because I wondered about its hot pink cover and needed a little humor. I'm in the middle of reading some other pretty heavy books and considering the results of the recent election I felt I needed something really really light.

It started out OK. A group of women meet and discover they have in common the "joys" of female aging. I was laughing as I recognized myself in some of their comments on their bodies and figured I might enjoy this.

Not much. The four decide they will meet regularly and help solve each other's various problems. Their decisions on how to help each other are absolutely absurd and unrealistic. The author throws in a few gratuitous sex scenes for no good reason and tries to redeem the story with some inner head trips may echo some people's thoughts in real life but she had lost me by then.

So I dragged myself through it just to finish it and was really disappointed. There is so much humor and pathos to be found in life as we get older. It's too bad the author didn't use it well. She went on to write a sequel or two. Someone else will have to read them. I'm out.

Sherri says

As a 54 year old woman I had a lot of laughs with this book. Yes there are some parts that are unbelievable but this is chic lit at it's finest as far as I am concerned. I just picked up the audio book for a light book after reading 2 heavy ones and now I am going back for the sequels! Sometimes we just need to be entertained and these ladies did it for me!

Jan says

I'm so glad this book was well-punctuated and displayed proper syntax or I might have had nothing good to say about it. Is it cute? Maybe. Is it full of predictable scenarios and cliched characters? Absolutely. Is it engaging? Not in the least. And my friend loaned me the next three books in the series. My concern is this: Do I skim them and lie and say they were fun? Or tell the truth? I am glad my friend reads--something I never would have guessed about her. I am sorry she pressed all four Hot Flash Club books on me, but she did. I'll find a way to encourage her continued reading without committing to joining her book club!

Peg says

"Women of a certain age" will definitely identify with the woes of the females in this book. I bought it because I loved Beachcombers, Thayer's most recent work. This book's plot intrigued me. It takes place in Boston, a city I'm familiar with and is about a diverse group of women struggling to accept aging and the career and relationship changes that often accompany the process. I appreciate the proactive way the characters deal with their woes and the general air of positivity throughout.

It must be tough to decide how far to develop a character or storyline and still keep things clipping along for the reader. Unlike Beachcombers, I felt the characters were a bit underdeveloped in this work. I felt some of the story lines were clipped off a bit "prematurely" (pardon the pun referring to one of the clipped storylines mentioned above).

However, in my opinion nothing was clipped quite as randomly as the ending. It was as if the writer simply put down her pen and quit. I'm still wondering if perhaps my copy was missing a few pages...

Susan says

Having just finished reading a Michael Chabon novel, I initially, found the characters and plot of The Hot Flash Club to be 'trite'. Women forming such friendship bonds so quickly? I don't think so. A university professor leaving her research to act as a secretary to spy for the friend she met the day before? Most unlikely.

I was doubtful that I could finish it. I persevered (I can not start to read a book and not finish it!) and by the end I didn't loath it. But I won't be buying the sequels. It was a quick easy read due to the ordinary writing,

and if you are a fan of "chick lit" then maybe you would enjoy this. Take it to the beach or when you fly- no concentration required.

M I usually avoid "chick lit" like the plague (this was a mistake purchase online)and The Hot Flash Club has confirmed that I should continue to to do so.

Mary says

I have read Thayer books and enjoyed them BUT this one just did not capture my interest. I am almost finished with it and this morning decided "why bother"? I found myself not really caring what happened to ANY of the characters. So, I am placing it on my DISCARDED shelf and cannot recommend it.

Ida says

Great, light book...the power of friendship is mighty!

Deborah Schultz says

I really loved this book. I enjoyed the variety in the four women, their developing friendship, and how they were all able to comfort, support, and help each other.

Amy says

I have a confession. When I picked this up to read, I realized that I'd tried to read it once before and it didn't grab me then. Despite its absolutely wonderful title, it still doesn't grab me. I even waited and tried it again when I was "of an age" with the characters. Nope. Didn't work. Yet I know there are devoted fans out there. I still can't put my finger on what exactly I don't like. I've learned that some chick lit can be fun but this wasn't fun for me. My girlfriends and I live a funnier and happier hot flash club in real life, so I'll stick to them, instead.
