



# What Would Marilyn Say?: Supporting Women to Health and Happiness

*Diane Vines*

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Imagine if Marilyn Monroe had survived that fateful day in August 1962. Would she have turned her life around, stopped drinking and kicked the pills? As a woman revered for her embodiment of "woman-ness," Marilyn's perspective on contemporary women's health issues would fascinate readers from multiple generations. *What Would Marilyn Say? Supporting Women to Health and Happiness* is a first-person narrative with a "virtual" Marilyn as an observer in a group of women returning to college. Their weekly gatherings are filled with topical conversation about life, health and happiness. They discuss issues ranging from menstruation to menopause, and depression to dieting, and Marilyn comments to the reader about the group discussion.

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