

sa Torre: Unmasking & rebuilding after a midlife

author:



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Synopsis

Episode 132 with Vanessa Torre. I felt like I had no control over my chattiness. I kept googling “Why can’t I stop talking?” And every single result came back with “Have you considered ADHD?” Vanessa is a writer, speaker, and coach living her best life in Phoenix, Arizona. About a year ago at the of age 48, Vanessa quit her 20+ year corporate career to pursue her creative passions full-time. She sold her house in the suburbs, moved to an apartment in downtown Phoenix, and turned her writing and editing side hustle into a full-time business. It was during that time that she was diagnosed with ADHD and she now helps other women, particularly those late diagnosed with ADHD, who feel stuck in midlife to navigate this amazing time of growth and exploration to make huge changes that lead to a more creative and fulfilling life led with intention. We chat about unmasking and self-acceptance after a late diagnosis and our theories as to why so many women are diagnosed during perimenopause. We also talk about the stages of a late ADHD diagnosis including denial, curiosity, elation, grief, resentment, grit, and advocacy work. And Vanessa shares what it’s been like to date for the first time as an unmasked woman. Website: www.vanessatorre.com TikTok: @vanessatorre Instagram: @vanessatorre Additional links: 2-week Midlife Visioning Mini-Course The Modern Women’s Midlife Crisis is “Quiet Quitting” Her Life Midlife Women’s Newsletter Late to My Own Party stickers and downloadables - - - - Episode Sponsor: This episode is brought to you by Llama Life, the beautifully-designed, simple, and flexible app that uses time-boxing to help keep you focused as you work through your To Do list. Enjoy a 7-day free trial, then use the code KATYLLAMA20 for 20% off your first payment Episode Sponsor: This episode is brought to you by Loop Earplugs, a discreet and effective solution for managing sensory input, which can help individuals with autism, ADHD, or sensory issues to feel more comfortable and in control of your environment. Head to loopearplugs.com/WomenADHD and use the code LOOPXWOMENADHD for 15% off your order. - - - Exclusive Deals for Listeners: Green Chef, the #1 Meal Kit for Eating Well. If you struggle with meal prep like I do, head to GreenChef.com/womenadhd60 and use code womenadhd60 to get 60% off plus free shipping.

Dr. Steve's Caffeine Melts. Sublingual caffeine changes the game and bypasses the stomach to activate my brain (not my gut). I get a boost of energy that's cleaner and long-lasting, with no crashing or jittery feelings. Use the code WOMENADHD25 for 25% off your order.

- - - -Episode edited by E Podcast ProductionsFind the transcript of this episode at www.womenandadhd.com/transcripts- - - -Small group coaching with Katy: www.womenandadhd.com/groupcoaching- - - -Work 1-on-1 with Katy: www.womenandadhd.com/coaching- - - -Order the "Hey, it's ADHD!" course: www.womenandadhd.com/adhdcourse- - - -Finally ... you've found your people! Now come join us in the Women & ADHD online community: www.womenandadhd.com- - - -Did you love this episode? Click here to pledge a one-time donation to the podcast!- - - -If you are a woman who was diagnosed with ADHD and you'd like to be a guest on this podcast, visit womenandadhd.com/podcastguest.Instagram: @womenandadhdpodcastTiktok: @womenandadhdpodcastTwitter: @womenandadhdFacebook: @womenandadhdOur Sponsors:* Check out Calm: <https://calm.com/WOMENADHD>Support this podcast at " <https://redcircle.com/women-and-adhd/donations>Advertising Inquiries: <https://redcircle.com/brands>Privacy & Opt-Out: <https://redcircle.com/privacy>

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comment 1: Sophia Bennett

Vanessa Torre's 'Unmasking & Rebuilding after a Midlife Crisis' is a compelling exploration of personal transformation and resilience. Torre's candid narrative provides an intimate glimpse into the tumultuous journey of her midlife crisis, offering readers both empathy and insight. Her writing is both raw and authentic, capturing the vulnerability and strength required to rebuild one's life. The book stands out for its refreshing honesty and relatable anecdotes, making it easy for readers to connect with her experiences.

What sets this memoir apart is Torre's ability to balance introspection with actionable advice. She skillfully outlines the steps she took to navigate her crisis, providing practical tools that readers can apply to their own lives. Her emphasis on self-discovery and the importance of unmasking one's true self resonates throughout the narrative. Moreover, Torre's journey is not just about overcoming obstacles but also about embracing change and finding new purpose.

Overall, 'Unmasking & Rebuilding after a Midlife Crisis' is an inspiring read for anyone experiencing life transitions or seeking personal growth. Vanessa Torre's story serves as a testament to the power of resilience and the transformative potential of midlife challenges.

â€” Sophia Bennett (2026-05-30 15:50:02)