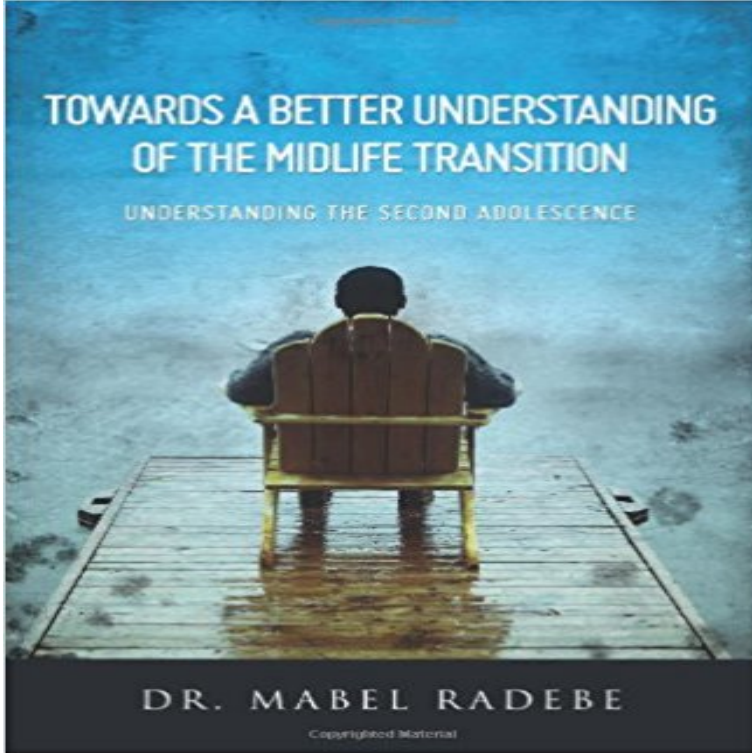


Towards A Better Understanding Of The Midlife Transition: Understanding the second adolescence



Towards a Better Understanding of Midlife Transition: Understanding the second adolescence is a book about a period of life that is marked by developmental changes that are in many ways similar to those of the adolescence stage, hence the term "midadolescence." It explains what midlife transition is, when and why it occurs, its signs and symptoms and the challenges encountered by people during this transitional period. In an encouraging and down-to-earth style, effective tools for dealing with these challenges are provided in this must-read book. "No stone has been left unturned in the author's quest to provide a comprehensive guide for everyone who is confronting, negotiating or has recently completed the often turbulent mid-life passage. The fact that her findings are based on her own research and personal experiences, as well as the open and honest stories of participants in workshops on the midlife passage, will go a long way in dispelling misconceptions, and in providing much-needed advice and support for men and women who feel caught in the "eye of the midlife storm", as well as their families." Editor's note

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