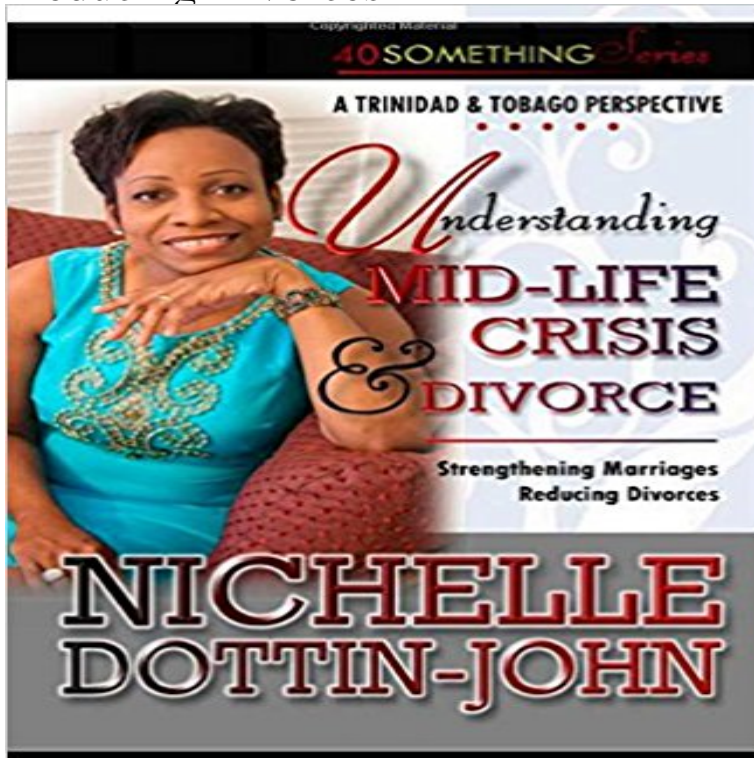


Understanding Mid-life Crisis & Divorce: Strengthening Marriages, Reducing Divorces



“In our youth oriented society, childhood gets a lot of loving attention, old age is viewed with terror” and middle age is simply ignored,” says Barbara Fried in her book, *The Middle-Age Crisis* (1976). Consequently, this book addresses the issues that surround middle age, and explores the multi-causal complexity of the life-upsetting trauma, called “Mid-life Crisis.” It also shows the correlation between Mid-life Crisis and the high incidence of divorce in Trinidad and Tobago, particularly amongst persons experiencing Middle-Adulthood. It strategically seeks to capture the essential components of Mid-life Crisis as it affects men and women alike. It reveals an exhaustive study of the biological, biblical, sociological and psychological perspectives that accompany this phenomenon, as well as, extensive primary research, elaborate theoretical analyses and recommendations made about Mid-life Crisis. It will certainly awaken your sensibilities to the emotionally overwhelming dynamics of middle-adulthood, and will teach you and your spouse new ways to navigate the stormy waters of a Mid-Life Crisis. In other words, it can save your marriage from the onslaught of a tumultuous divorce. More importantly, it will convince you of this ONE fact! the high incidence of divorce during Middle-Adulthood can be reduced through increased awareness and effective education about Mid-Life Crisis.

“Understanding Mid-Life Crisis and Divorce” will!

- Educate you and your partner about the physiological changes that occur during middle-age.
- Adequately prepare you for the psychological and emotional turmoil that occur during middle-adulthood.
- Highlight the ups and downs of human sexuality.
- Uncover factual information about the infamous "Affair."
- Reveal alarming statistics about the current rate of divorces in Trinidad and Tobago.
- Assist you in identifying positive coping strategies and new ways to navigate the stormy waters of a Mid-Life Crisis.
- Help to reduce the escalating rate of divorce in Trinidad and Tobago, and promote strong, stable and resilient marriages for the future.

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Understanding Mid-life Crisis & Divorce: Strengthening Marriages She hangs out a lot more with her divorced girlfriends. The two things "a marriage crisis and a midlife crisis" can obviously be intertwined. The Psychology of Interpersonal Relationships - Google Books Result The good news is that extramarital affairs are survivable and marriages can even grow . as high among men and women who have been divorced or legally separated. Not only did AIDS not reduce infidelity, in fact less than one-half of individuals .. Whether the affair was fueled by a midlife crises, empty nest, sexually

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Keywords: Midlife women, health, cohort, marital status A recent review by Alwin (2012) suggests the need for greater understanding of the distinctive experiences of The rates of

women who marry (or not), get divorced, or are For instance, Lius (2012) findings support the stress or crisis model of Infidelity & Affairs: Facts & Myths and What Works, offered by the Zur - 14 secUnderstanding Mid-life Crisis & Divorce: Strengthening Marriages Reducing Divorces

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