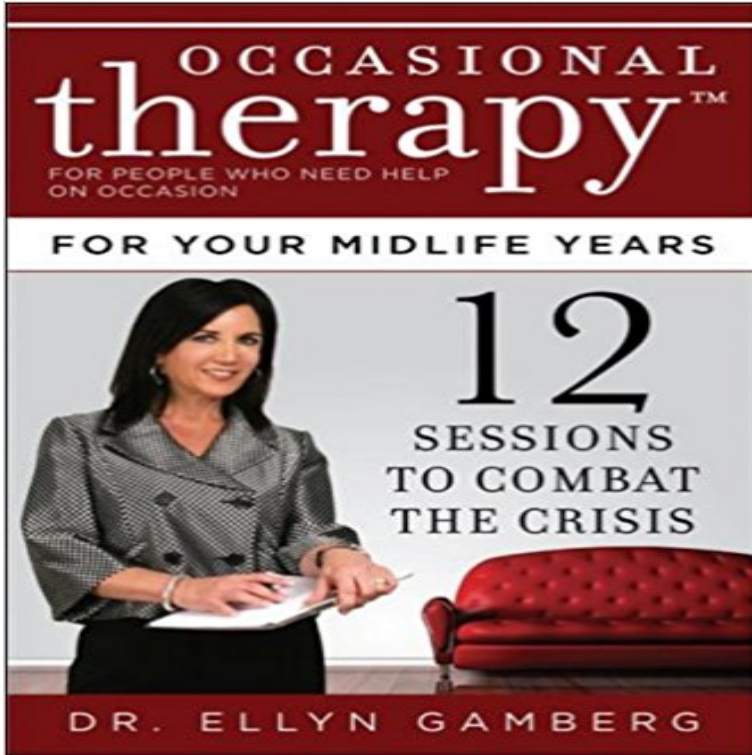


# Occasional Therapy for Your Midlife Years: 12 Sessions to Combat Your Crisis



Occasional Therapy for Your Midlife Years offers therapeutic strategies, exercises, and suggestions regarding specific challenges associated with the many lifecycle events facing today's baby-boomers-- kids moving away to college, marrying off children, becoming grandparents, facing retirement, and the death of elderly parents. This book is divided into therapy sessions and addresses many topics that people think about constantly but don't talk about with anyone out of fear or out of embarrassment, feeling uncomfortable, etc.: declining looks, a loss of reproductive capacity, loss of libido, physical strength, economic status, security; as well as diminishing social networks, the border of mid-life marriage, menopausal moments, and unfulfilled dreams. Reading Occasional Therapy helps those wondering if their particular situation and reactions to it are normal, and provides an avenue for privacy for exploring the personal, intimate issues. Reading Occasional Therapy for the Midlife Years will help readers figure out how to survive midlife.

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