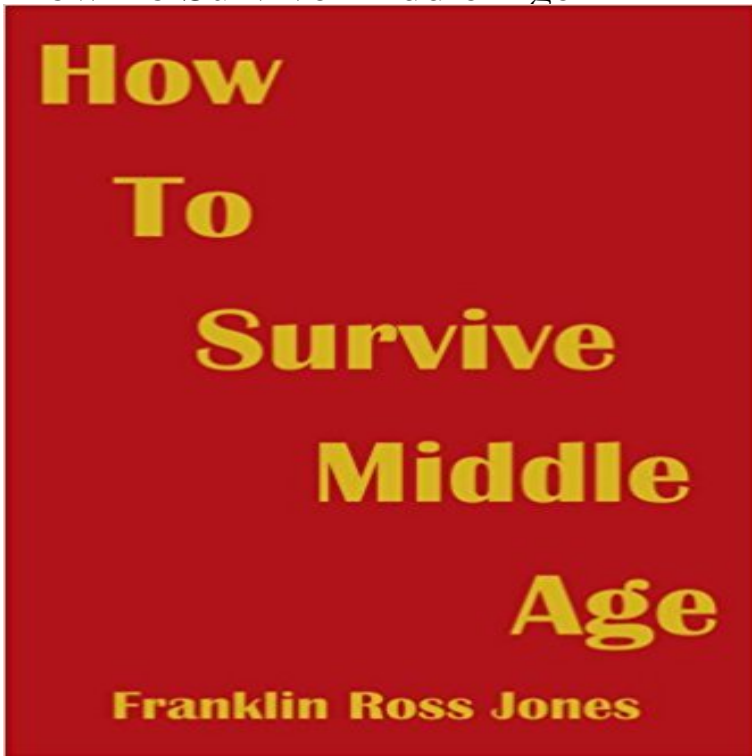


How To Survive Middle Age



From experience and research comes an understanding of human development which reveals patterns useful in effective living. Many theories of psychology, sociology, physiology and education exist that are important in helping provide information for individuals to make satisfactory decisions. We deal with critical issues in life such as economic planning for the future, the caring for our parents, looking after our health - problems that arise, their symptoms, therapy and prognoses. Controlling stress through exercise, recreation and leisure provide a relaxed style of living. The importance of the cultural circumstances and the societal setting we live in shapes and orders our lives are explored. Knowing the kinds of developmental tasks imposed on us for successful living is essential - whether seeking a new career, love partner, navigating a divorce or the discovering the good life!

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