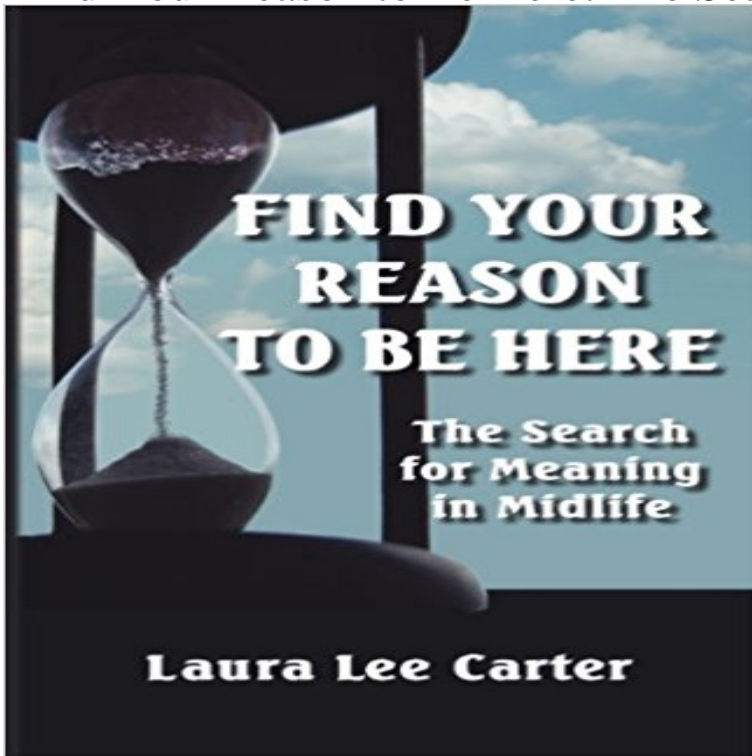


## Find Your Reason to Be Here: The Search for Meaning in Midlife



After experiencing a particularly difficult transition starting at age 46, Laura Lee Carter, an academic librarian, professional researcher and psychotherapist, went in search of meaning and answers. She wondered what recent research could teach her about her recent experiences. She found there is no time in life more plagued with confusion and misinformation. Laura wrote this book to share with you what she discovered about the shared emotional experiences of baby boomers, the uniqueness of our middle years, how midlife is evolving, and what we have learned thus far about making the most of this brand new stage in adult psychological development. Many have experienced great losses in the past decade. What have we learned from this? Can crisis or loss benefit us in the long run? Can midlife confusion or uncertainty provide once-in-lifetime opportunities to seek and find new meaning? After years of research Laura has concluded that midlife, generally experienced between the ages of 40-60, has the potential to provide you with a quantum leap in emotional growth and maturity. Psychologists now agree that "midlife" is a previously unavailable rite of passage into a much improved way of life. Don't spend your middle years feeling alone, confused or marginalized, when you could benefit from many new discoveries. Learn what gifts this new stage in life has to offer you; gifts like increased wisdom, expanded resiliency, and the actualization of your own

authenticity. Come into your own power, and begin contributing anew.

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