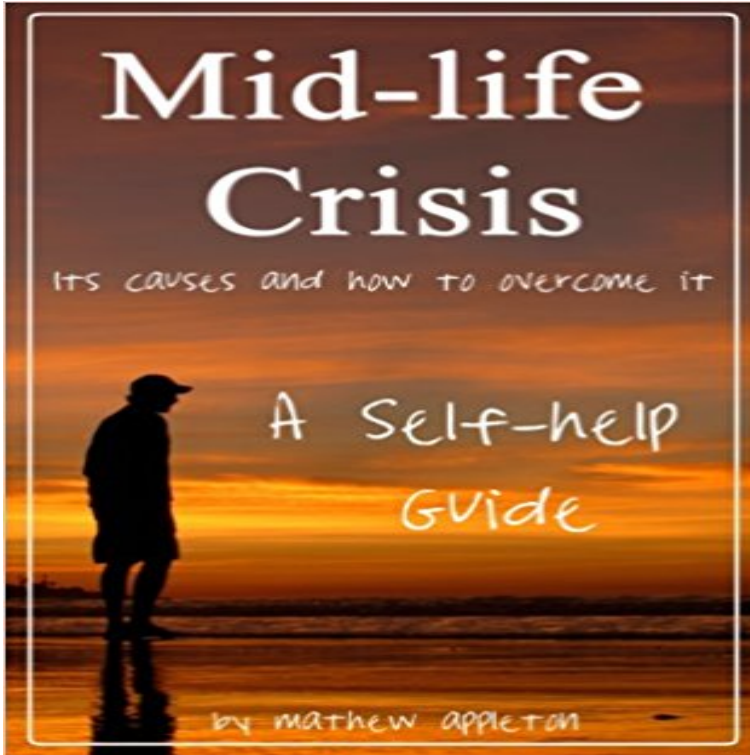


How to Overcome a Midlife Crisis: A Self-Help Guide



Middle life is certainly less placid and settled than is popularly supposed. This is a stage in your life when you become increasingly conscious of your mental and physical health. You worry about being fit and about your weight. It is a time when you need to know if you are still an attractive person, and you may become involved in what could be a disastrous affair. You may also have problems of coping with rebellious teenagers or ageing parents. And, if you are a women (and some say men), there is the menopause. This book outlines what are the symptoms of a mid life crisis for men and women alike and leads you to the optimistic conclusion that, despite its stress, midlife is not a dead end for you. This book outlines and clearly deals with strategies to cope with a midlife crisis. This book will show you that your midlife is a turning point or even a timely opportunity Life does truly begin at forty.

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