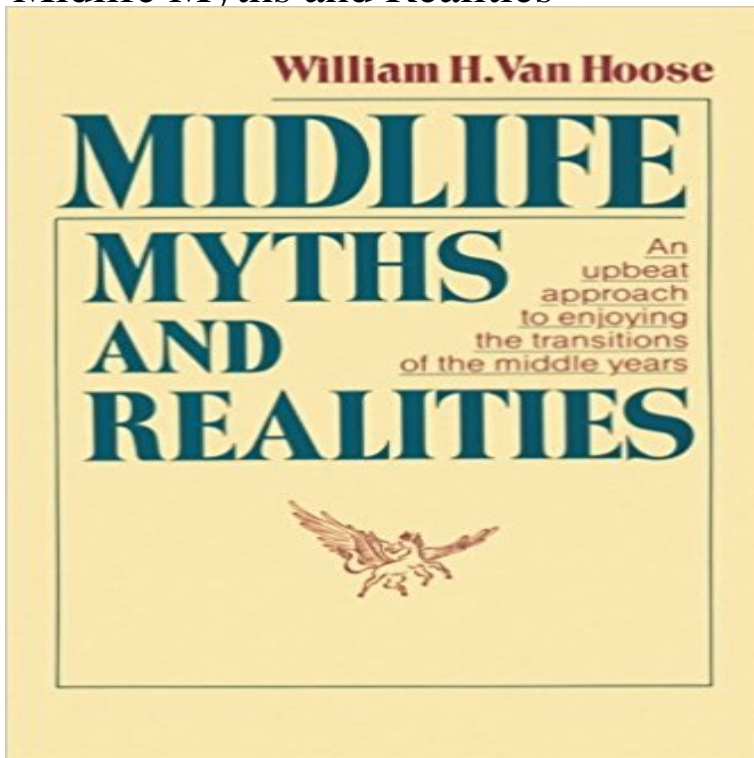


Midlife Myths and Realities



The middle years in life are often associated with disturbing terms such as midlife crisis and middle-age crazy. But these catchy terms are only misleading myths, Dr. Van Hoose claims, citing research and case histories to support this positive look at midlife. Midlife is a time filled with opportunity for personal fulfillment. Most middle-age people are more independent and financially secure than they have ever been before. Midlife adults are reaching the peak of productivity, and they occupy most of the positions of power and influence in our society. This common sense and upbeat look at midlife should dispel the fears so many people share as they approach middle age.

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