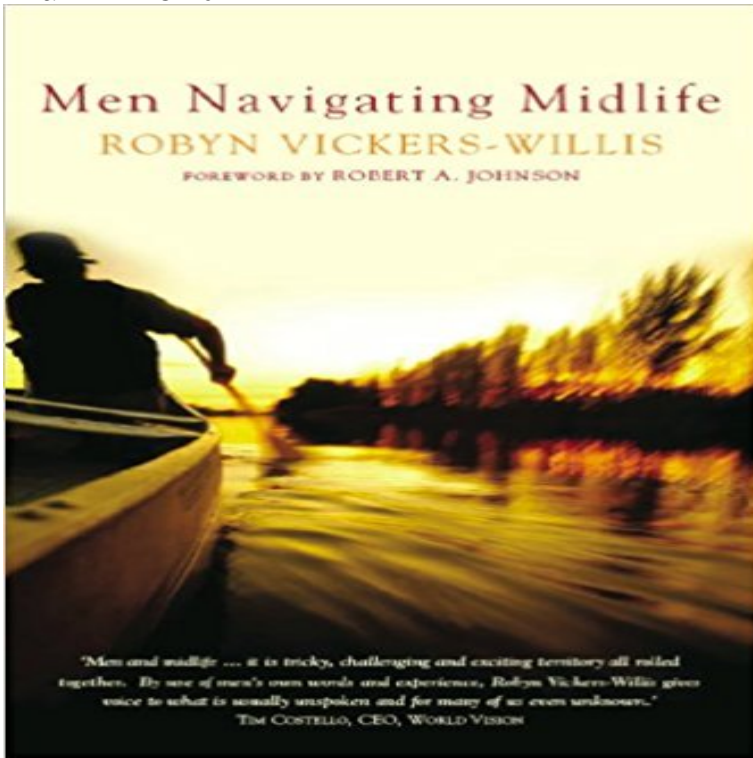


# Men Navigating Midlife: The Perfect Guide on Your Journey to Fulfilment



Written for both men and the women who care for them, this book provides a better understanding of men and their emotions during the often-turbulent transition period of middle age. Men aged 35–55 will find encouragement and support through reading about other men’s doubts, bewilderment, and hunger for renewal at midlife, while the women in their lives gain a new perspective. Intimate and candid interviews show how midlife turmoil can serve as a window of opportunity for creating a second half of life full of personal meaning, vitality, and passion. Addressed are such sensitive but important topics as depression, sexual intimacy, addiction, and spirituality.

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