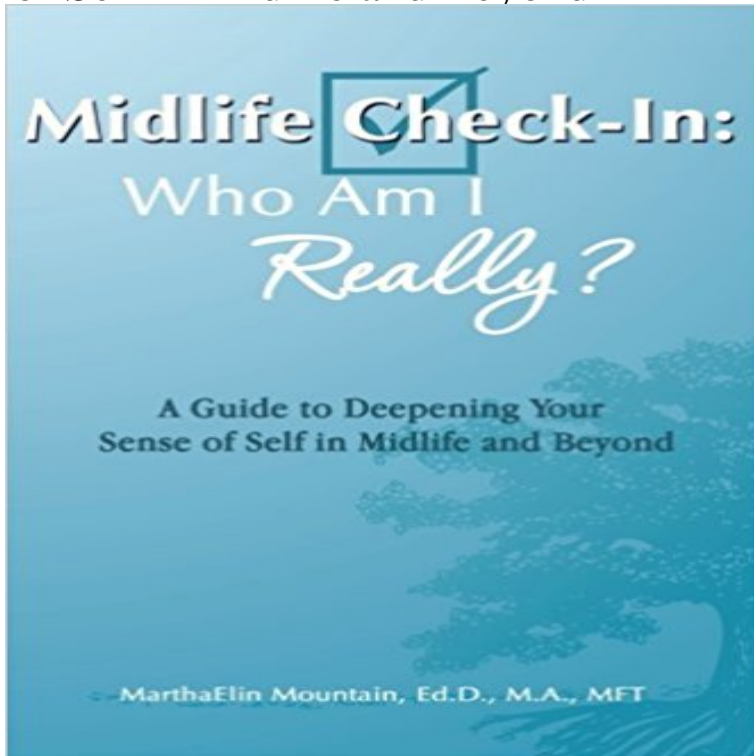










Midlife Check-In: Who Am I Really?: A Guide to Deepening Your Sense of Self in Midlife and Beyond



MIDLIFE CHECK-IN: Who Am I-Really? For the gift of clarity, give yourself Midlife Check-In. Packed with hundreds of insights, poignant strategies, and thought-provoking exercises for women (and men) during midlife and beyond -Marion Gellatly, AICI CIM This book is infused with great insight, practical wisdom, and valuable tools for the journey -Tere Lindsey, Ph.D., Educational Psychologist An ideal book to facilitate the process of self-discovery for individuals, support groups, book groups, and clinicians -Virdette Brumm, Ph.D., Neuropsychologist Welcome relief to the futile grasp at perpetual youth. Midlife Check-In ignites excitement about this pivotal stage of life -Jennifer Allen, MFT, ATR-BC. Psychotherapist, Art Therapist This timely, astute, and practical guide helps us to reach deep inside... to find our timeless essence, the Self -Lynne Ehlers, Ph.D., Clinical Psychologist A gem of a book! Midlife Check-In reveals the midlife path, not by the telling but by direct experience. Dr. Mountain will lead you on your personal and unique path. Enjoy and thrive -Stephanie Taylor, M.D., Ph.D. Guaranteed to point you to your True North in midlife and beyond -Mary Jeanne Vincent, Career Expert and Strategist SPECIAL FEATURES; Midlife Checklist©; Whats Normal? Whats Not? ; 70+ self-assessments & exercises; Comprehensive Midlife Glossary; Therapists Guide; The Midlife Brain; 3 midlife phases in detail; Extensive book and film lists;

Therapists Guide (photo) MarthaElin Mountain, Ed.D., M.A., MFT is a Jungian-based psychotherapist whose primary interest is the mind-body-spirit-relationship to emotional healing and personal transformation. Dr. Mountain is an experienced midlife traveler; she has witnessed the search for identity, meaning, and purpose from a front-row seat. MarthaElin lives with her husband and black-and-white cat on Californias Central Coast where she maintains a private practice.

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