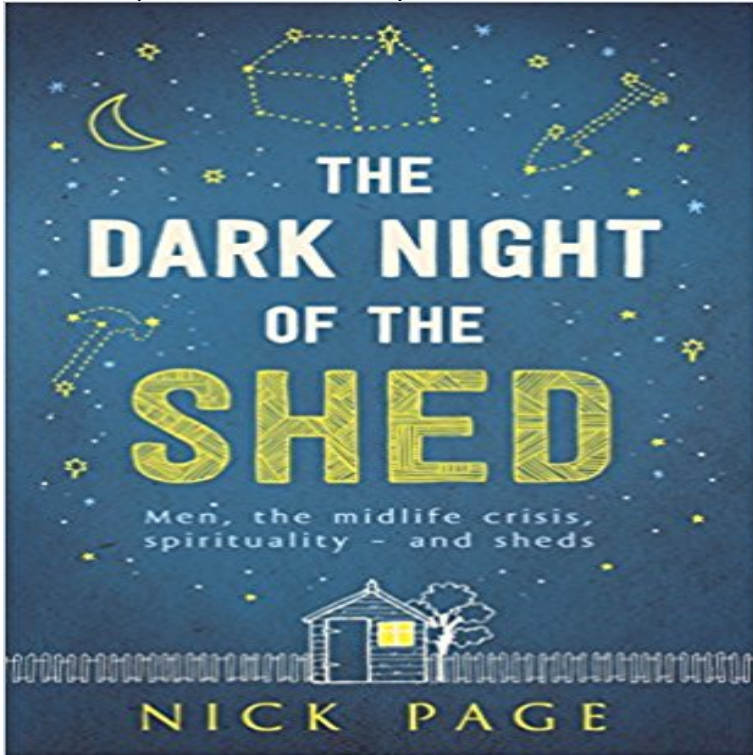


# The Dark Night of the Shed: Men, the midlife crisis, spirituality - and sheds (Not A Series)



Men, the midlife crisis, spirituality - and sheds A new bike - running the marathon - splashing out on a sports car - having an affair - taking up triathlon - upping sticks and moving to the country - getting divorced - even going into the church...Theres a point in a mans life where he looks around him and asks whether this is really where he wants to be - what he wanted to do with his life. And even if hes achieved all his childhood dreams, maybe thats not enough any more. Nick Page has been there, and he decided to build a shed. Not to answer the question, but so that hed at least be able to get some peace to think about it properly. Join him on a journey of discovery, into what the midlife crisis really is, and whether theres a better way to go at it than frittering away time and money trying to pretend youre really younger than you are.

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