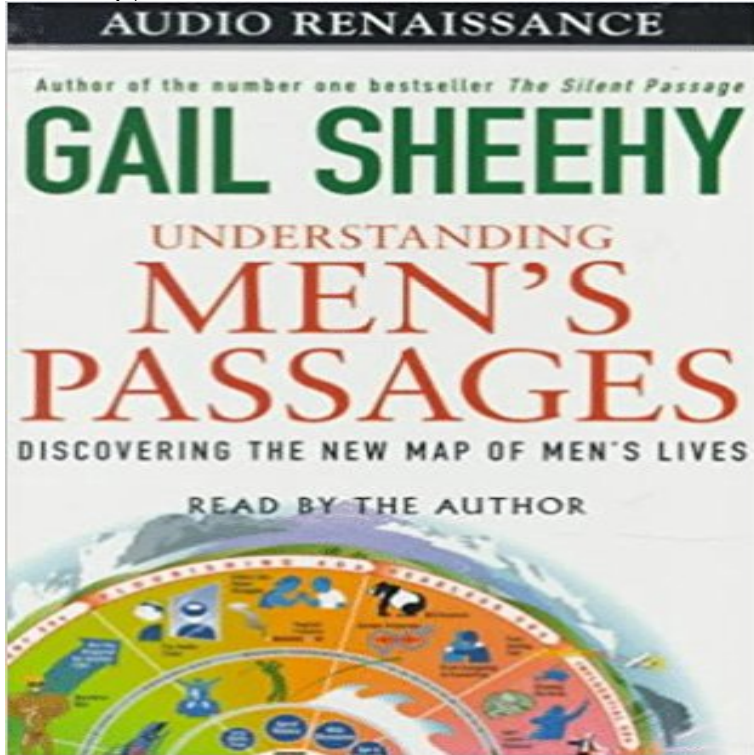


# Understanding Mens Passages: Getting Your Lives Worth by Managing Change



Her stunning bestsellers *Passages* and *New Passages* brilliantly mapped the changes we live through from youth to maturity. Now Gail Sheehy guides contemporary men through the turbulent challenges and surprising pleasures that begin at forty. As a man crosses that threshold, he is bound to ask midlife's most troubling question: Now what? Work anxieties, concerns over sexual potency, marital and family stress, issues of power, all take on new urgency as men contemplate the decades ahead. But as Gail Sheehy reveals in this major new book, midlife is precisely the period when men are most likely to reinvent themselves and become masters of their fate. In *Understanding Mens Passages*, Sheehy offers all men--and the women in their lives--an essential guide to self-discovery. Hundreds of bold, imaginative men--celebrities as well as everyday heroes--share here their most intimate desires, deepest fears, and most fervent cravings for renewal. Decade by decade, Sheehy uncovers the real issues facing men today: finding new passion and purpose to invigorate the second half of their lives, dealing with menopause, surviving job change, enjoying post-nesting zest, defeating depression, and learning what keeps a man young. Informative and inspiring, grounded in fact and full of fascinating life stories, *Understanding Mens Passages* is a landmark that will take its place beside Gail Sheehy's epoch-making *Passages* and *New Passages*.

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