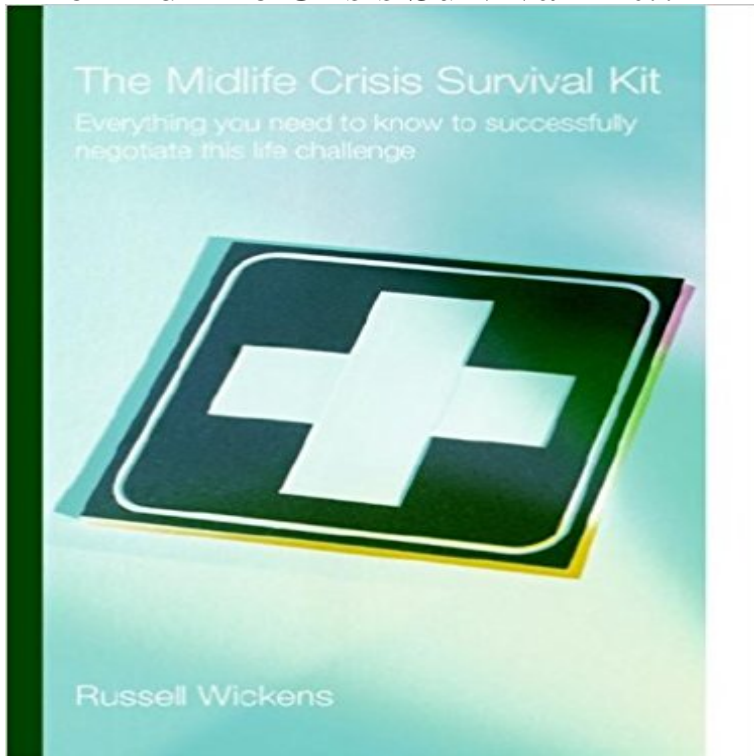


## The Mid Life Crisis Survival Kit!!



Mid Life Crisis: that period when growing dissatisfactions lead to inevitable questions about the sustainability of our present place in the World and usually accompanied by a sudden encounter with the concept of our own mortality, can lead to a frightening conclusion - Is this it?! Is this ME for the rest of my life?! The rigours of this time - highly painful periods of personal re-evaluation and an uncompromising test of our true values - can leave us running aground in shallow waters of despair unless we have map and compass. This book provides both. Its world map helps the reader to understand his place in it and the coaching tools provide an opportunity to plot a route home -wherever that might be now. By the end of the book, the world will be a smaller and less frightening place as you find not just a path to understanding yourself better, but also the courage to express yourself authentically and with purpose.

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