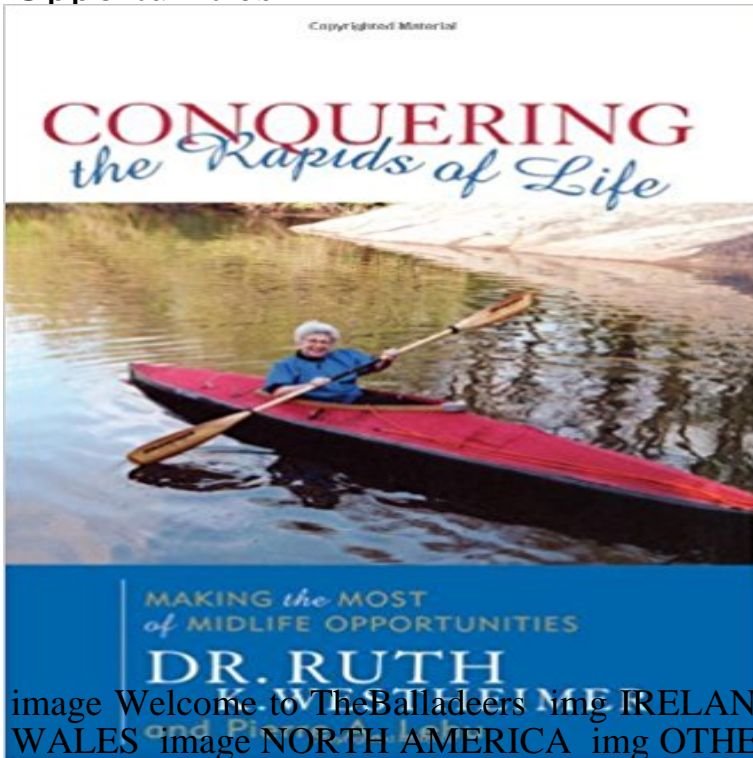


Conquering the Rapids of Life: Making the Most of Midlife Opportunities



Written in her characteristically breezy and humorous style, Dr. Ruth expertly explains the unique challenges and opportunities encountered with the onset of middle age, including issues of health, family, and career. Designed for both singles and couples, and employing numerous case studies, *Conquering the Rapids of Life* candidly offers solid, practical advice to help one cope with the physical and emotional changes associated with midlife.

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