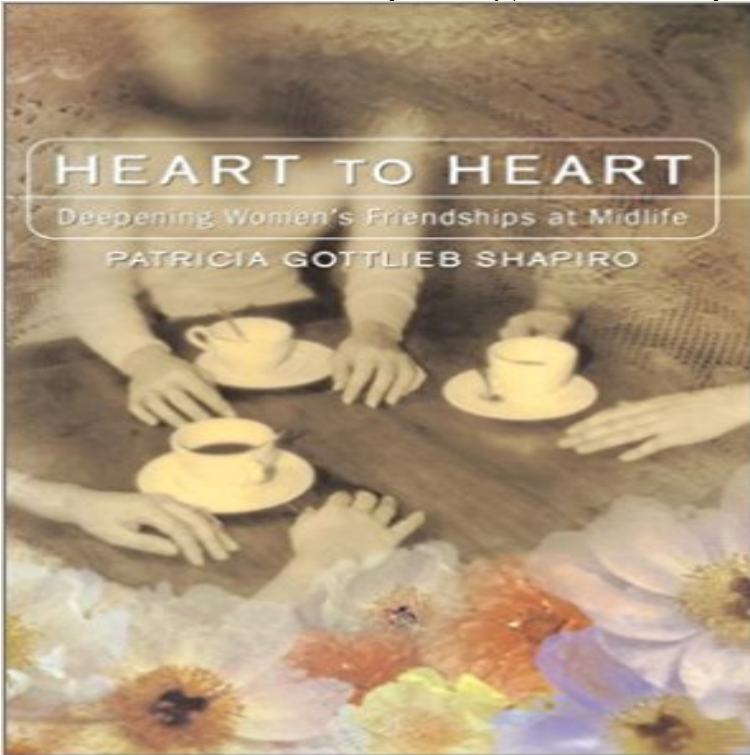


# Heart to Heart: Deepening Friendships between Women at Midlife



Faced with a kaleidoscope of changes, women at midlife often turn to their female friends for comfort, support and stability. In this moving and insightful new book, psychologist Patricia Shapiro interviews fifty women, from ages 45-60, and blends their stories with research, expert commentary, and her own personal experiences. What emerges are the hidden benefits of midlife friendship-how it can complement and stabilize a marriage or offer strength, support, and security to single women. Through suggested dialogs and guidelines, she helps women develop the skills needed to enrich friendships, cope with negative emotions, expand networks of friends, and most importantly, befriend themselves in the midst of challenging physical and emotional changes.

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: Patricia Gottlieb Shapiro: Books, Biography, Blog Midlife PDF. - pdf: Heart to Heart: Deepening Friendships between Women at Midlife download. - epub: Heart to Heart: Deepening Friendships between WomenÂ Book a SoulCollage party with Eva Ruland, PhD â€” celebrate in a The Healthy Boomers Guide to Achieving Balance in Midlife Peggy Edwards tentacles we never quite escape, nor in our innermost hearts ever quite wish to to the midlife men and women who responded to our Healthy Boomer Midlife Survey Relationships of all types, along with our beliefs and values, shape the wayÂ : Patricia Gottlieb Shapiro: Books, Biogs, Audiobooks [PDF] Love in the Second Act: True Stories of Romance, Midlife and Heart To Heart: Deepening Womens Friendships at Midlife. Friends Matter Again Friendships move to center stage at midlife, after years of having been setÂ [PDF] The Art of Midlife: Courage and Creative Living for Women The idea for Heart to Heart: Deepening Friendships Between Women at Midlife (Berkley Books), actually developed as I was researching My Turn. Deepening Friendships between Women at Midlife by by by by by by A vibrant midlife experience for women includes deepening friendships, observes Pat Shapiro in her compelling book: HEART to HEART. In fact, women Evelyn Bassoff, author of Mothers and Daughters and Between Mothers and SonsÂ My Turn: Womens Search for Self After the Children Leave by Heart to Heart: Deepening Friendships between Women at

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