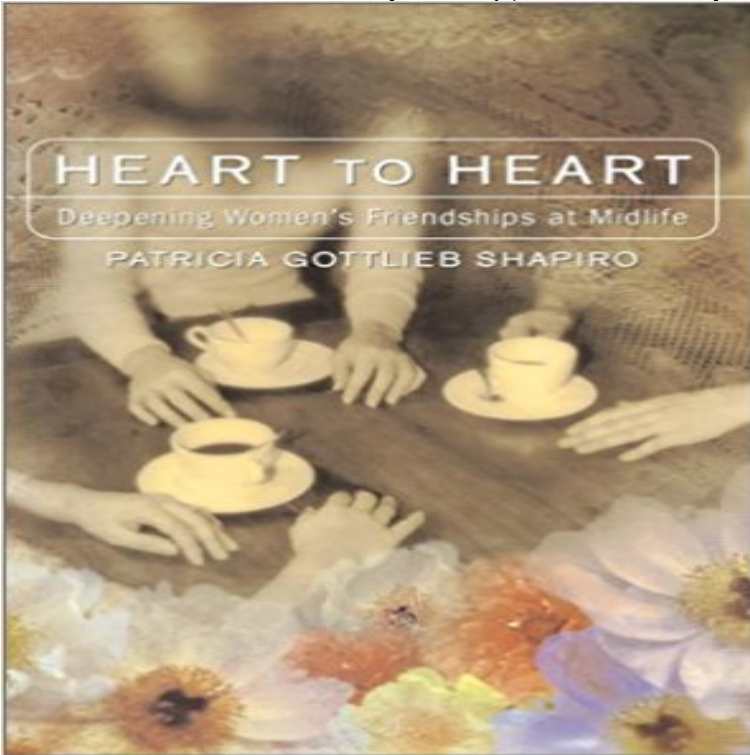


Heart to Heart: Deepening Friendships between Women at Midlife



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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