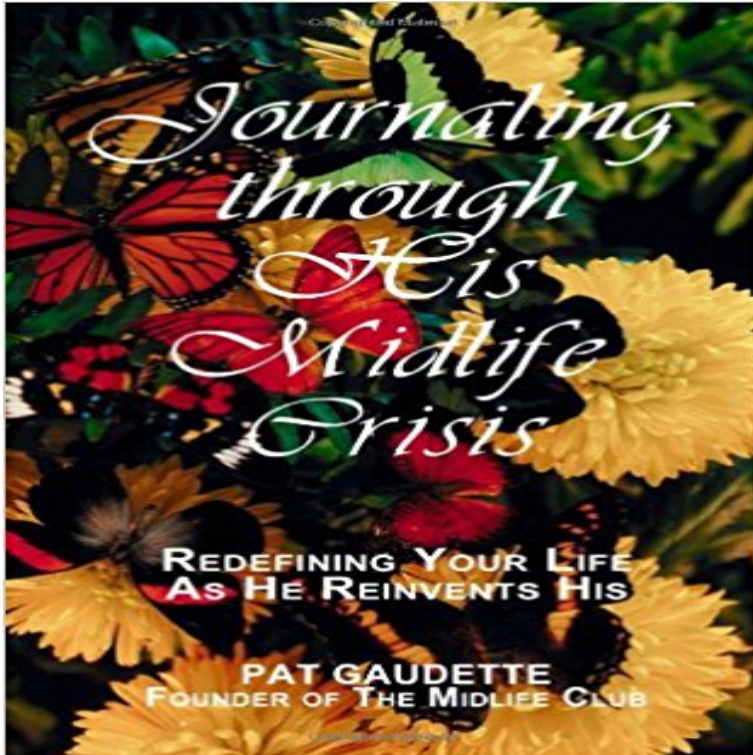


# Journaling through His Midlife Crisis: Redefining Your Life As He Reinvents His



To you, your life together was as good as it gets and you were absolutely certain the two of you would spend the rest of your lives together. But what do you do when he says he needs a new life to be happy and that life probably doesn't include you? Do you cling to the hope that he returns to being the man you fell in love with? Do you try to change yourself to fit his new needs? Do you step away and work on a new life for yourself with or without him in it? Journaling through His Midlife Crisis - for women dealing with their man's midlife issues - includes a selection of posts by some of the current and past members of The Midlife Club, [MidlifeClub.com](http://MidlifeClub.com). Understanding why he suddenly changes, learning not to take his actions personally, and finding forgiveness for his actions, are all part of surviving his midlife crisis. This journal is designed to help you in your journey to redefine your life as he reinvents his.

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