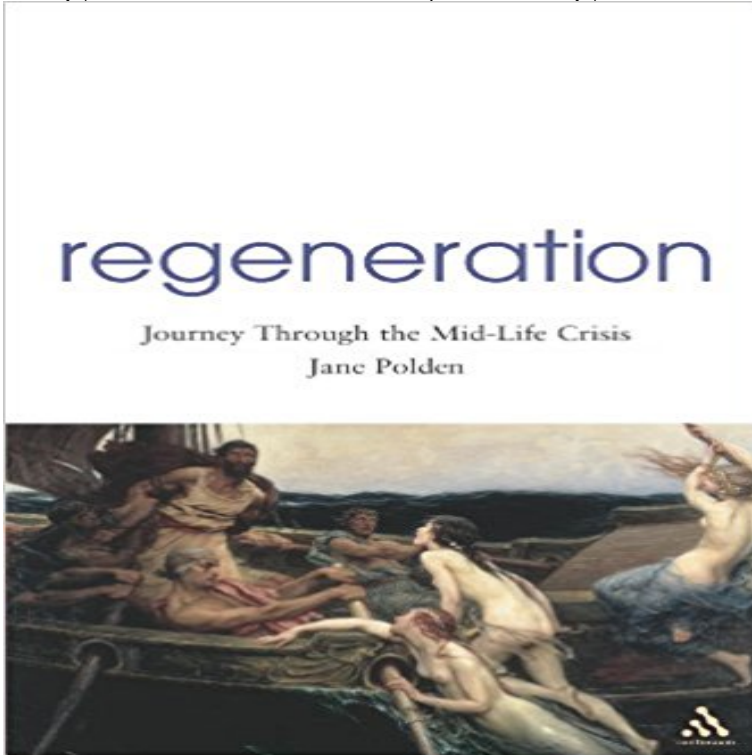


Regeneration: Journey Through the Mid-Life Crisis



The dramas of mid-life are dramas of abandonment and freedom, of highly charged sexual engagements in real time or in fantasy, and of sudden encounters with mortality and loss. The details are as varied as people's lives are diverse but similar themes reappear with unerring regularity over and over in mid-life. It is a time when everything - from the most fundamental questions of identity and meaning to the daily experience of our own bodies and sexuality - is thrown into upheaval, making mid-life transition for many people the most disturbing period since the onset of adolescence. Recognizing that many of us feel, sometimes very much to our surprise, that we have lost our way at mid-life, Polden explores compassionately and sensitively the origins and experiences of mid-life crisis. Regeneration is a fundamentally optimistic book that argues that, while deep-seated changes are often painful, there are great gains to be made at mid-life. By helping readers toward improved self-awareness and a better understanding of the demands and choices of mid-life, Regeneration shows how we can begin to lead lives more truly informed by the values that will serve us best in the second halves of our lives.

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