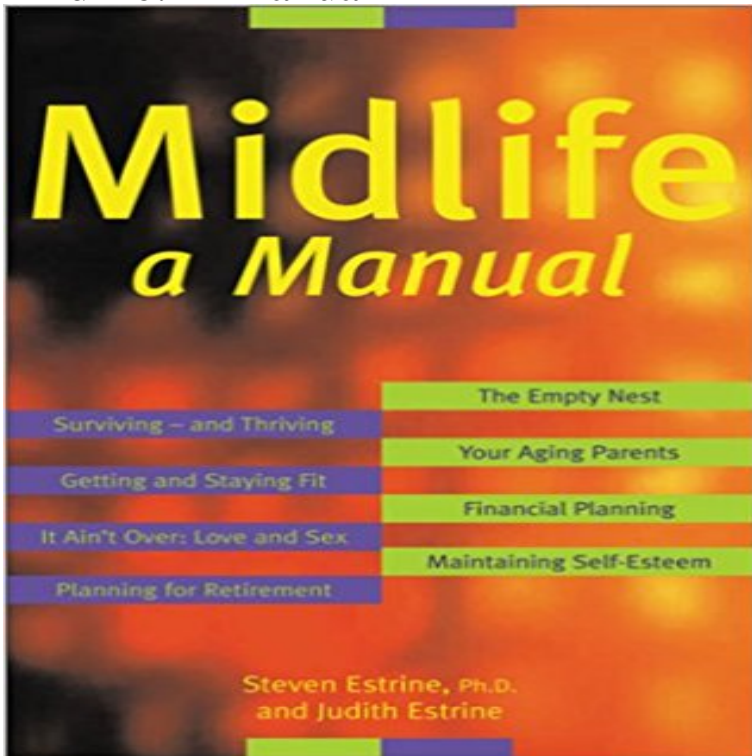


Midlife: A Manual



It should be the best time of our lives, with our careers on track, finances reasonably secure and the kids finally off to school. Yet, for far too many, midlife is also a period of confusing disillusionment, weighty responsibilities, and unanswered questions. There are answers and many of them are in this compassionate and eminently useful guide. Get the latest information on health issues affecting middle-agers, planning for retirement, fitness and sexuality, and caring for aging parents. Based upon interviews with men and women undergoing midlife transitions, the book includes helpful self-evaluations and realistic work plans, as well as extensive resources, including lists of organizations and agencies that can ease your growth into midlife.

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