



BETTER UNDERSTANDING THE MIDLIFE CRISIS
Judith Petitpas

Enjoying the second half of your life with peace of mind!

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Far from being a long quiet river, midlife is an intense and unsettling period. Wrinkles begin to show, menopause and andropause make their appearance, childhood dreams fade away, children leave the nest and parents grow older and die. All these upheavals cause a lot of soul-searching, and we may simply want to pack it all in when the identity we've spent a lifetime creating is smashed to smithereens!

This is affectionately called the midlife crisis, but in fact this period usually occurs between our thirties and fifties, when we're no longer in our youth, but not yet in old age. It's a time when we take stock of our lives and do a major clean-out. When we're well prepared, this crisis may lead to truly beneficial inner changes and enable us to make space for the person we really are.

This book helps us better understand what the midlife crisis is, why we go through it and what changes occur during this period. It also helps readers ask themselves questions about the gap between the lives they envisaged and the lives they actually lead, and establish new foundations for peacefully enjoying the years still to come.

Strong points

- There are few books on the crisis that occurs in midlife.
- The author suggests many exercises to help readers evaluate every sphere of their lives: physical, personal, romantic, familial, social, professional and spiritual.

Judith Petitpas holds a master's degree in social work and a BA in anthropology. She offers individual and group psycho-social counselling, and is the author of a number of books on eating disorders.