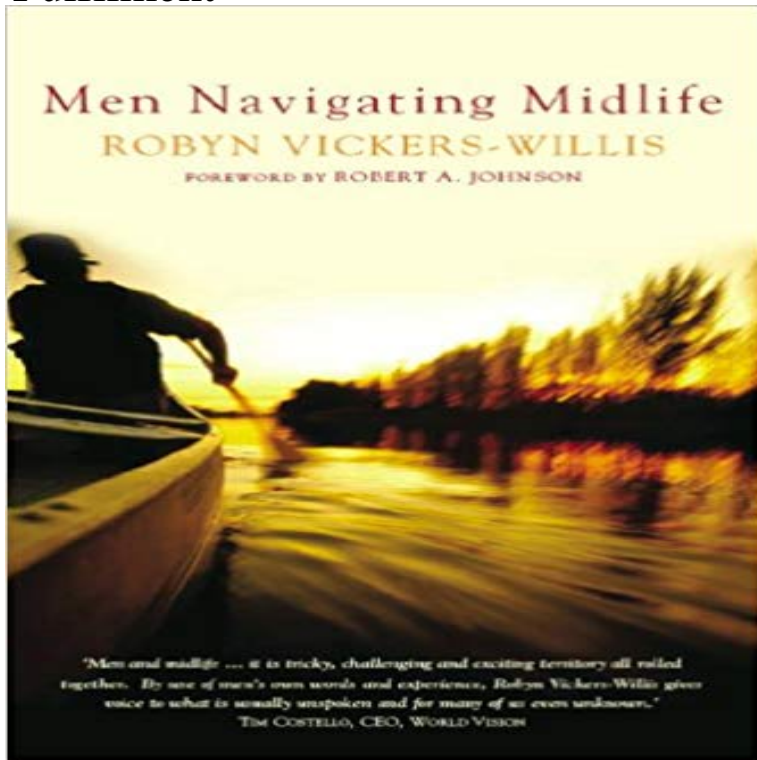


# Men Navigating Midlife: The Perfect Guide on Your Journey to Fulfilment



Written for both men and the women who care for them, this book provides a better understanding of men and their emotions during the often-turbulent transition period of middle age. Men aged 35-55 will find encouragement and support through reading about other men's doubts, bewilderment, and hunger for renewal at midlife, while the women in their lives gain a new perspective. Intimate and candid interviews show how midlife turmoil can serve as a window of opportunity for creating a second half of life full of personal meaning, vitality, and passion. Addressed are such sensitive but important topics as depression, sexual intimacy, addiction, and spirituality.

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