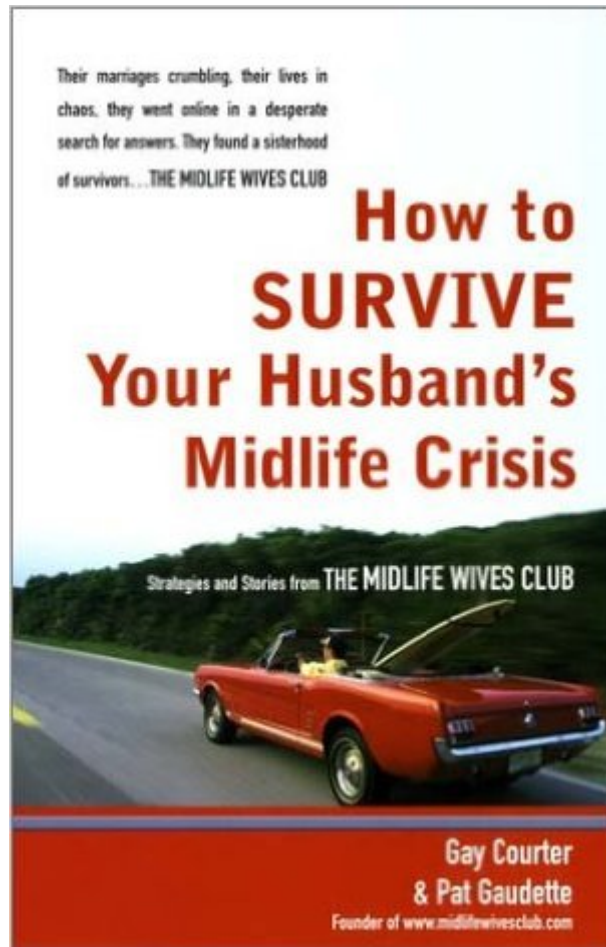


The book was found

How To Survive Your Husband's Midlife Crisis: Strategies And Stories From The Midlife Wives Club



Synopsis

A midlife crisis can devour a relationship. The Midlife Wives Club is a supportive online sisterhood for midlife mates-a place to vent some steam, share advice, or just get a reminder that they're not alone. In this guide, readers find wisdom from both Midlife Wives and experts on: € Recognizing the symptoms of male midlife crisis € Coping with the threat (or reality) of infidelity € Handling bad behavior-thrill-seeking, financial irresponsibility, or substance abuse € Identifying underlying problems like depression and anger € Deciding when to stick it out-and when to pack it in € Protecting children from the fallout € Making it through the crisis...and coming out stronger, saner, and more self-reliant With personal stories from real women (and men), a list of resources, and a heartening sense of humor, How to Survive Your Husband's Midlife Crisis can help smooth out the rough spots-and turn a tumultuous time into a change for the better.

Book Information

Paperback: 288 pages

Publisher: Perigee Trade; 1 edition (May 6, 2003)

Language: English

ISBN-10: 0399528822

ISBN-13: 978-0399528828

Product Dimensions: 5.1 x 0.8 x 8 inches

Shipping Weight: 8.5 ounces

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #1,190,717 in Books (See Top 100 in Books) #321 inÂ Books > Self-Help > Mid-Life #1056 inÂ Books > Health, Fitness & Dieting > Men's Health > General #4706 inÂ Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

This book has many sad stories and unfortunately I feel that most people do not locate such books until the crisis has overwhelmed them. How is it that I, a well-read person, knew so very little about mid-life crisis? This topic isn't discussed sufficiently in our culture as far as I can tell. Finding good books is also difficult.I ranked this as four stars simply because the beginning has typos and plugs the Midlife Wives Club website repeatedly. With some trouble, I was able to access their site but it was so depressing I didn't return. Sharing one's anguish is sometimes helpful, yet, I was more interested in the psychological motivations triggering the crisis affecting my relationship. In my

opinion this book did not actually provide that type of information. What this book does tell you is that you are not alone. You are bound to read the stories of others that are far worse than your own situation and that may give you some encouragement. If you are considering this book, I wish you all the very best. I would recommend, besides this book, Gail Sheehy's "Understanding Men's Passages" which explains what typically is happening during a man's mid-life crisis with compassion. "What Could He Be Thinking" by Michael Gurian is excellent in describing the male and female brains and hormones; it sheds light on why we think and feel differently, thereby closing that "imaginary gap" that seems to crop up during the crisis. (It was always there because we are simply very different.) Also, "Why Can't You Read My Mind" (a terrible title) by Jeffrey Bernstein was very helpful. It helped me understand the toxic thoughts that I was having (due to feeling emotional pain) and helped me recapture the positive attitude and emotions I had prior to our crisis.

[Download to continue reading...](#)

How to Survive Your Husband's Midlife Crisis: Strategies and Stories from the Midlife Wives Club
Detach and Survive: A Book of Self-Care for the Wives of Midlife Crisis Men
EROTICA:SWINGERS:SWAPPING WIVES STORIES SHARING HUSBANDS BOOKS BUNDLE
(Swinging Sex Party Shorts Box Set Collection): Stuffed Married Lifestyle Club (Secret ... Public
Cheating Milf in Marriage Book 1) Elements of Crisis Intervention: Crisis and How to Respond to
Them (HSE 225 Crisis Intervention) My Husband's Wives: A heart-warming story of love, loss,
family and friendship Crisis Intervention Strategies (HSE 225 Crisis Intervention) SWINGER
EROTICA:Swapping Spouses: First Time Swinging Mature Wife Husband Sharing,Wife Watches
Hot Wife Swinger Party Cheating Husband Vo-yeurism Exhibitionim,Spice ... Up Marriage,Multiple
Partner Erotic Disciplined By Her Victorian Husband (Victorian Husband's Domestic Discipline Book
2) The Husband's Secret: Novel By Liane Moriarty -- An Amazing Summary! (The Husband's
Secret-- An Incredible Summary-- Audio, Audiobook, Paperback, Novel) The Astronaut Wives Club:
A True Story The Astronaut Wives Club Ouija Board Stories: Chilling True Horror Stories Of Ouija
Boards Gone Wrong (Ouija Board Stories, Ghost Stories, True Horror Stories, Ouija Board
Nightmares, Haunted Places Book 1) Male Midlife Crisis: Why It Causes Men To Destroy Their
Families, Finances and Even Commit Suicide, and What You Should Do Midmen: The Modern
Man's Guide to Surviving Midlife Crisis Annals of the Royal Vancouver Yacht Club 1903-1965:
History of the Club's founding; granting of the Royal Charter; prominent early yachtsmen; racing ...
and Gulf of Georgia, British Columbia, Canada Indian club-swinging: one, two, and three club
juggling Club PRISMA / PRISMA Club: Metodo de espanol para jovenes nivel inicial A1 / Spanish
Methods for Young Adults Beginners Level A1 (Spanish Edition) Club Abbott: The Deal (Club Abbott

Series, #2) Crisis and Trauma: Developmental-ecological Intervention (Crisis Intervention) The
Financial Crisis Inquiry Report: Final Report of the National Commission on the Causes of the
Financial and Economic Crisis in the United States

[Dmca](#)