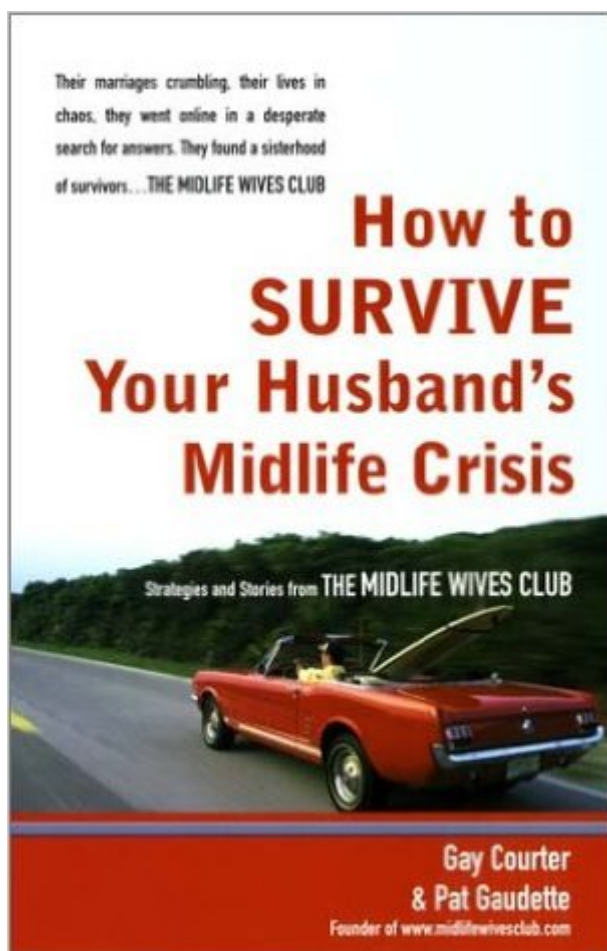


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# How To Survive Your Husband's Midlife Crisis: Strategies And Stories From The Midlife Wives Club



## 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: &#x80; Recognizing the symptoms of male midlife crisis &#x80; Coping with the threat (or reality) of infidelity &#x80; Handling bad behavior—thrill-seeking, financial irresponsibility, or substance abuse &#x80; Identifying underlying problems like depression and anger &#x80; Deciding when to stick it out—and when to pack it in &#x80; Protecting children from the fallout &#x80; 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

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## 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.

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