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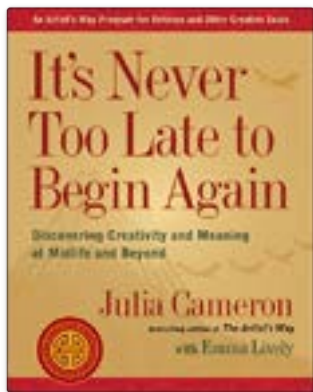
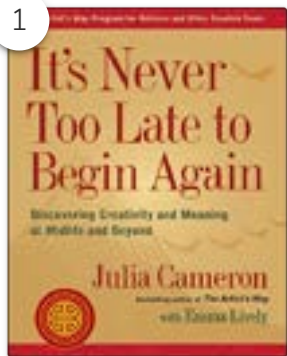
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20 Best Mid-Life Crisis Books of All Time

Discover the most recommended mid-life crisis books, and pick the right one for you. As seen on CNN, Forbes, and Inc, BookAuthority features the books recommended by experts. We may earn commissions for purchases made via this page.

Recommendations by Beth Behrs, Marci Alboher, Booklist, Oh Just Books and 9 others

1



It's Never Too Late to Begin Again Discovering Creativity and Meaning at Midlife and Beyond

By Julia Cameron - Bestselling author of The Artist's Way + 1 more

★★★★★ 4.72 | 2016 | 304 Pages

Inspiring Comforting Timely

"The book you hold in your hands is the distillate of a quarter century's teaching. It is my attempt to answer, 'What next?' for students who are embarking on their 'second act.'" —Julia Cameron. Julia Cameron has inspired millions with her bestseller on creativity, The Artist's Way. In It's Never Too Late To Begin Again, she turns her eye to a segment of the population that, ironically, while they have more time to be creative, are often reluctant or intimidated by the creative process. Cameron shows readers that retirement can, in fact, be the most rich, fulfilling, and creative time of their lives. ...more

Recommended for: Retirees and individuals transitioning into the second act of life. Beginner to Intermediate readers.

- You will:
- ✓ Connect with earliest memories to present life
 - ✓ Reconnect with important aspects of life
 - ✓ Bring vitality, joy, and meaning into later years
 - ✓ Reignite a sense of wonder and creativity
 - ✓ Design and create the future you desire

Reviews:

- 👍 Motivational Text
- 👍 Inspiring Exercises
- 👍 Rich Program
- 👍 Vitality, Joy, Meaning
- 👍 Connect with Life
- 👎 Impossible Exercises
- 👎 Memory Recall Challenges

#22 Best Seller in Mid-Life Management on Amazon

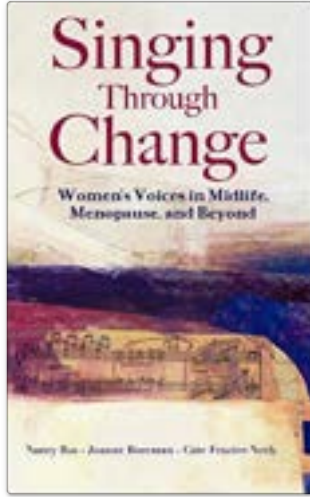
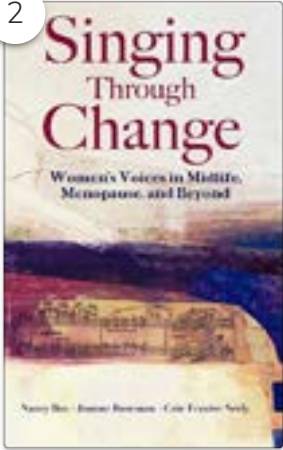
Recommended by Booklist, John Lee, Seattle Sue and 1 other

- 🌐 **Booklist** Cameron... stands as living proof that a lifelong quest for expressing one's self can be rewarding... a must-read for all hoping to enhance their creativity in all aspects of life
 - 👤 **John Lee** Excellent resource
 - 👤 **Seattle Sue** Reignite a Sense of Wonder and So Much More
- Show 1 more review | Read Amazon reviews | Rate or write a review

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2



Singing Through Change

Women's Voices in Midlife, Menopause, and Beyond

By [Nancy Bos](#) - Known experts in the field of voice + 2 more [i](#)

★★★★★ 4.70 | 2020 | 219 Pages

[Conversational](#) [Informative](#) [Compassionate](#)

A BOOK FOR ALL WOMEN WHO LOVE TO SING AND ARE STRUGGLING WITH CHANGE Written by women, for women, about women, this compelling and easy read fills a huge hole in what we understand about challenges that female singers face. It is a collection of unique lived singing experiences from every stage in an adult woman's life, accompanied by equally unique and individualized solutions. Singing Through Change is a must read for women who sing, and also for anyone who is a voice teacher, singing specialist, or medical professional. [...more](#)

Recommended for: Singers, voice teachers, singing specialists, choral directors, and medical professionals. Intermediate readers.

You will:

- ✓ Understand the impact of menopause on women's voices and identities.
- ✓ Learn how women navigate changes in their singing voices during midlife.
- ✓ Discover personal stories and research insights on adult female voice change.
- ✓ Recognize the importance of voice in women's lives physically, emotionally, and socially.
- ✓ Explore case studies that shed light on adult female voice change and its effects.

Reviews:

- 👍 Informative
- 👍 Compassionate
- 👍 Insightful
- 👍 Accessible
- 👍 Inspirational
- 👎 Not Comprehensive
- 👎 Lacks Depth

Recommended by [From the Author](#)

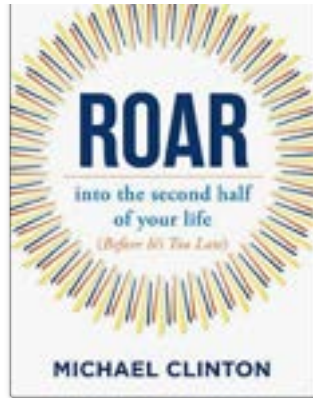
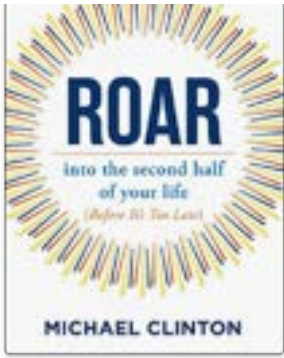
[From the Author](#) Writing this book has been an amazing journey for each of the authors. We hope it is the same for you

[Read Amazon reviews](#) | [Rate or write a review](#)

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3



By [Michael Clinton](#) - Editor-in-chief, Elle 🔗

★★★★★ 4.66 | 2021 | 224 Pages

Inspirational Informative Engaging

Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans. We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: “What does that mean for me in the next twenty years? ...[more](#)

Recommended for: Mid-career professionals and post-career individuals seeking purposeful living. Beginner to Intermediate readers.

You will:


- ✓ Reinvent yourself with fresh goals and actions.
- ✓ Identify and achieve a purposeful life.
- ✓ Reimagine, own, act, and reassess for transformation.
- ✓ Approach the future with passion and purpose.
- ✓ Map out a meaningful and fulfilling next adventure.

Reviews:

👍 Inspirational
👍 Practical Ideas
👍 Great Stories
👍 Tactical Exercises
👍 Simplified Approach

👎 Slow Paced
👎 Repetitive

 Recommended by [Marci Alboher](#)

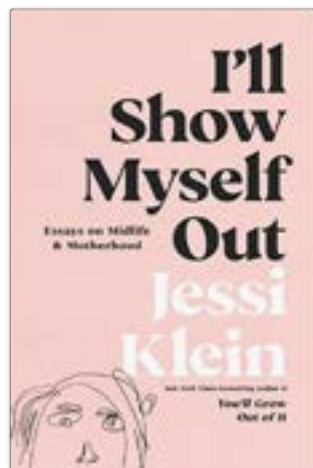
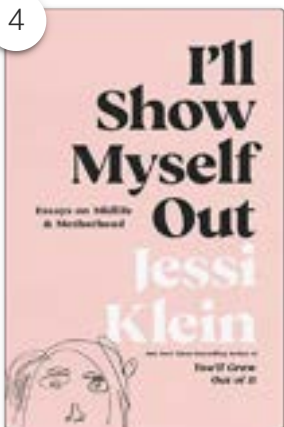
 [Marci Alboher](#) Congrats maclinton. Great book for anyone considering an #encorecareer!! ([source](#))

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4



I'll Show Myself Out

Essays on Midlife and Motherhood

By [Jessi Klein](#) - Emmy and Peabody award-winning writer and producer 🔗

★★★★★ 4.65 | 2022 | 288 Pages

Jessi Klein, author of the acclaimed debut You'll Grow Out of It. Longlisted for the PEN Diamonstein-Spielvogel Award for the Art of the Essay. "Sometimes I think about how much bad news there is to tell my kid, the endlessly long, looping CVS receipt scroll of truly terrible things that have happened, and I want to get under the bed and never come out. How do we tell them about all this? Can we just play Billy Joel's We Didn't Start the Fire and then brace for questions? ...more

Recommended for: Mothers and women navigating midlife with humor and candor. Intermediate readers.

"A mother's heroic journey is not about how she leaves, but about how she stays."

"No one wants to believe that in the moments you felt the most peaceful, the woman cradling you so softly was shielding you from a sword that she herself was holding."

"Being a parent is a lot like having a dream. Some of it isn't very nice. Most of it, even when it's ugly, is beautiful."

Reviews:

👍 Hilarious 👍 Real 👍 Relatable 👍 Insightful 👍 Candid 🗨 Self-indulgent 🗨 Privileged

New York Times Bestseller
Emmy Award-winning writer
Peabody Award-winning writer

👤 Recommended by [Beth Behrs](#)

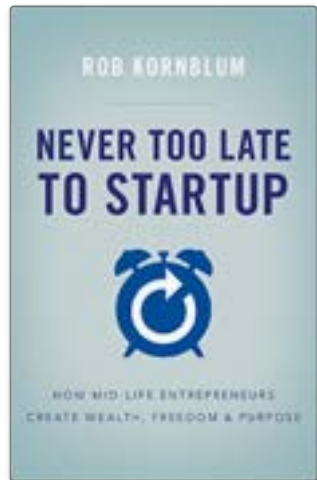
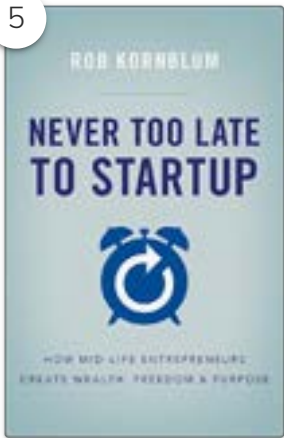
👤 [Beth Behrs](#) Obsessed with this book jessirklein . The best gift ever. And obsessed with #lovethatforyou on Showtime (source)

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5



Never Too Late to Startup

How Mid-Life Entrepreneurs Create Wealth, Freedom, & Purpose

By [Rob Kornblum](#) - Former Venture Capitalist & Startup Founder

★★★★★ 4.61 | 2016 | 316 Pages

[Practical](#) [Informative](#) [Inspiring](#)

Start Your New Company, Get the Freedom You Have Always Dreamed Of. What if you could break free of the corporate rat race? How would your life be different if you owned your own business? Entrepreneurship is the ultimate mid-life career change. Startup founder and former venture capitalist Rob Kornblum shows how starting a company in mid-life is not only achievable, but more likely to succeed. Through dozens of interviews with mid-life founders, Kornblum shows: - How to discover great ideas for your new business. - Why great entrepreneurs don't just follow their passion (and what they do instead). ...more

Recommended for: Mid-Life Entrepreneurs Seeking Career Change. Beginner to Intermediate readers.

You will:

- ✓ Discover great business ideas for a new venture.
- ✓ Understand why passion alone is not enough for success.
- ✓ Learn effective marketing strategies for products.
- ✓ Realize the benefits of starting a side business for risk management.
- ✓ Gain insights on balancing business and family life effectively.

Useful Resources Lacks Crowdfunding Info Repetitive Information

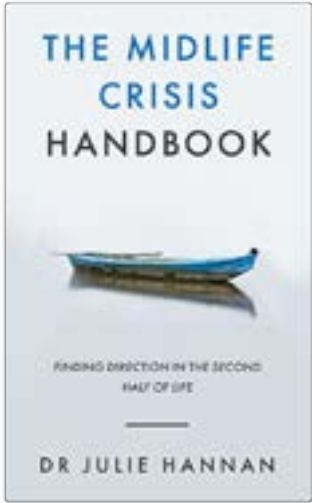
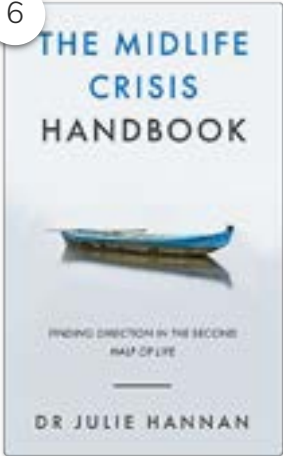
Added to Reading List by Joshua Kuiros, Harrison Bauer, Justin Swenson and 5 others

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6



The Midlife Crisis Handbook Finding Direction in the Second Half of Life

By [Dr Julie Hannan](#) - Chartered Counselling Psychologist & Psychotherapist

★★★★★ 4.57 | 2023 | 236 Pages

Informal Engaging Informative

Drawing on years of experience as a psychologist and psychotherapist Dr Julie Hannan has created a step-by-step guide to understanding and overcoming a midlife crisis. Finally, Dr Julie offers answers to all those questions; Is this all there is? Why am I so bored? Where am I going? Why do i feel lost? and Why doesn't everyone just leave me alone? Written in everyday language with short informative chapters the handbook is packed full of invaluable information about what causes a midlife crisis, how you got here and most importantly, how to get yourself out of here and on to a fulfilling, happier, second half of life. [...more](#)

Recommended for: Adults navigating midlife transitions. Beginner to Intermediate readers.

You will:

- ✓ Understand the causes of a midlife crisis and how to overcome it.
- ✓ Learn tools for finding happiness and fulfillment in midlife.
- ✓ Discover steps to navigate the challenges of midlife years.
- ✓ Understand the importance of self-discovery and personal growth in midlife.
- ✓ Learn how to embrace change and transition positively during midlife.

Reviews:

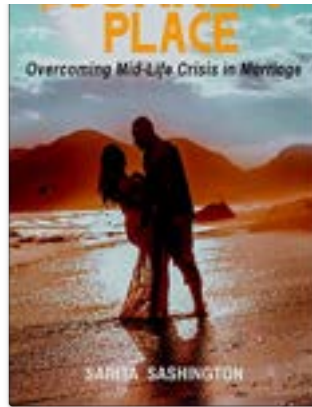
Insightful Informative Practical Motivating Supportive Repetitive Slow Paced

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7



By [SARITA SASHINGTON](#) - Wife Coach & Family Expert

★★★★★ 4.55 | 2021 | 119 Pages

[Personal](#) [Engaging](#) [Informative](#)

For years, Sarita and Greg Sashington sat on the front row of their church and watched their friends' marriages who had been married twenty or more years disintegrate. Then, they would ask themselves what happens when a couple hit twenty-plus years of marital partnership - that causes such turmoil that they would throw everything they worked for down the drain. And here they were, after twenty-two years of marriage, and on the brink of that same scenario. They found themselves on the edge of a Sunken Place. It was the darkest time of their marriage. [...more](#)

Recommended for: Couples navigating mid-life challenges. Beginner to Intermediate readers.

You will:

- ✓ Understand the impact of midlife crises on marriages
- ✓ Learn how to navigate challenges in long-term relationships
- ✓ Discover strategies to overcome marital turmoil
- ✓ Recognize the importance of communication in marriage
- ✓ Realize the significance of faith and commitment in relationships

Reviews:

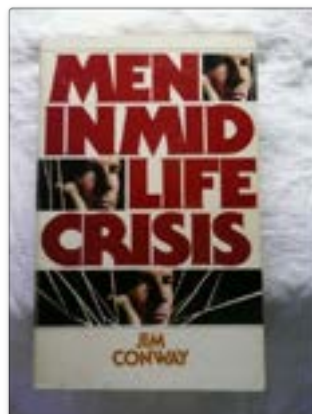
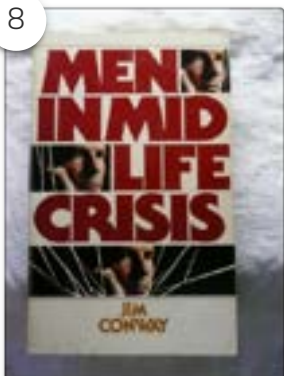
[Transparent](#) [Vulnerable](#) [Inspiring](#) [Encouraging](#) [Relatable](#) [Not in-depth](#)
[Limited solutions](#)

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8



Men in Mid-Life Crisis

By [Jim Conway](#) - PhD., DMin., Author of 14 books & 150+ articles on marriage & family issues

★★★★★ 4.48 | 316 Pages

[Informative](#) [Engaging](#) [Insightful](#)

Jim Conway writes for all men who face midlife and have thought about walking away from family, work, church . . . all responsibilities, and never coming back. Of his own midlife crisis he says, "I feel like a vending machine. Someone pushes a button, and out comes an article. The family pushes buttons and out comes dollars. The community pushes other buttons. . . ."Also available- Your Husband's Midlife Crisis by Sally Conway.

- ✓ Understand midlife crisis challenges
- ✓ Learn coping strategies
- ✓ Discover insights on family dynamics
- ✓ Recognize signs of midlife crisis
- ✓ Explore personal growth during midlife

Reviews:

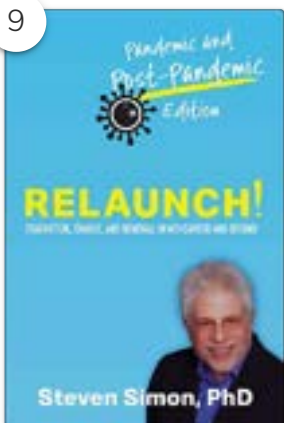
- 👍 Insightful
- 👍 Thought-provoking
- 👍 Informative
- 👍 Engaging
- 👍 Helpful
- 👎 Repetitive
- 👎 Simplistic

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9



RELAUNCH!

Stagnation, Change, and Renewal in Mid-Career and Beyond

By [Steven Simon](#) - Ph.D. in Counseling & Rehabilitation Counseling ⓘ

★★★★★ 4.48 | 2018 | 258 Pages

- Informative
- Concise
- Insightful

RELAUNCH! is about finding or renewing a sense of passion for work. It's about the antidotes to stagnating in a job or career one doesn't love or even like or finds boring day in and day out. The book is based on listening to what mid and late career clients have confided as their most distressing career issues and presents an approach to finding a new love for the work one does. RELAUNCH! also addresses how the realities of aging, illness, disability, and emotional dysfunctions can lead to stagnation, and how to counteract and reverse that process.

Recommended for: Mid and late career professionals seeking passion and meaning in their work. Intermediate readers.

You will:

- ✓ Discover how to find or renew passion for work
- ✓ Understand antidotes to stagnation in a job or career
- ✓ Learn how to counteract aging, illness, disability, and emotional dysfunctions in the workplace
- ✓ Explore strategies for finding new love for work
- ✓ Understand the importance of passion and meaning in work

Reviews:

- 👍 Inspiring
- 👍 Useful Guide
- 👍 Real-life Situations
- 👍 Helpful Links/Resources
- 👍 Step-by-Step Process

Recommended by [Oh Just Books](#) and [Self-Publishing Review](#)

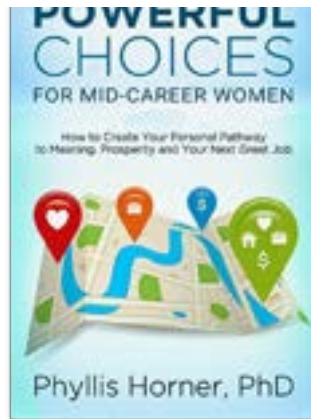
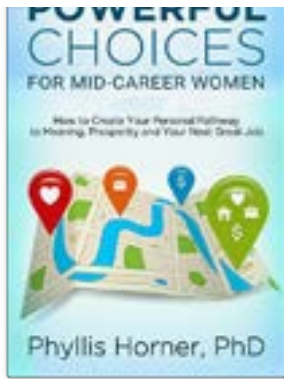
🌐 [Oh Just Books](#) All in all, this is a wonderful resource and I highly recommend this book for professionals at any stage of their career

🌐 [Self-Publishing Review](#) An inspiring and useful guide for changing careers, whether you're well into a career or just starting out

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How to Create Your Personal Pathway to Meaning, Prosperity and Your Next Great Job

By [Phyllis Horner PhD](#) - Organizational psychologist, woman professional, executive coach [🔗](#)

★★★★★ 4.48 | 2016 | 166 Pages

[Conversational](#) [Story-filled](#) [Informative](#)

Paperback version of the bestselling ebook! Is your current job ho-hum? Does it make you wonder "is that all there is?" Would you like to be inspired again by your work, but nervous or uncertain about making a change? You're not alone. We all know that changing jobs at mid-career is healthy from a skills, spirit and energy standpoint. But somehow past a certain chronological age, our sense of confidence can be missing in action. This book will help you sort out fears, confusion and interests to find work that naturally matches you and provides financial rewards that can last for decades. [...more](#)

Recommended for: Mid-career women seeking career fulfillment and successful transitions. Beginner to Intermediate readers.

You will:

- ✓ Find work matching personal values
- ✓ Overcome fears and confusion
- ✓ Navigate career transitions
- ✓ Utilize personality assessments
- ✓ Achieve continued growth and development

Reviews:

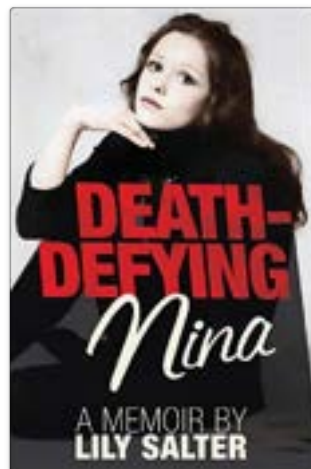
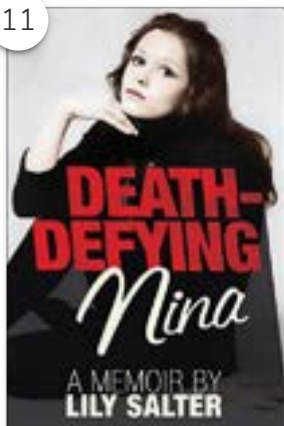
[👍 Inspiring](#) [👍 Informative](#) [👍 Insightful](#) [👍 Story-filled](#) [👍 Conversational](#) [👎 Repetitive](#) [👎 Confusing](#)

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11



Death-Defying Nina

A true story about three sisters and a mother of a midlife crisis

By [Lily Salter](#) - Author of a darkly humorous memoir [🔗](#)

★★★★★ 4.47 | 2018 | 177 Pages

[Darkly Humorous](#) [Candid](#) [Poetic](#)

A true story about three sisters and a mother of a mid-life crisis. In her darkly humorous memoir, Death-Defying Nina, author Lily Salter's glamorous sister fends off death by Lou Gehrig's disease. Lily explores her fierce love for

conversely, embraced the artistic life - first a stand-up comedian and TV sketch writer, and then, a comedian teacher by day and Hollywood waitress by night. ...more

Recommended for: Readers interested in poignant family narratives. Intermediate readers.

You will:

- ✓ Understand the spirit of life through love & pain
- ✓ Learn about family dynamics in the face of loss
- ✓ Witness the journey of a caretaker through a loved one's decline
- ✓ Explore the complexities of relationships during difficult times
- ✓ Permission to have unconventional thoughts during grief

Reviews:

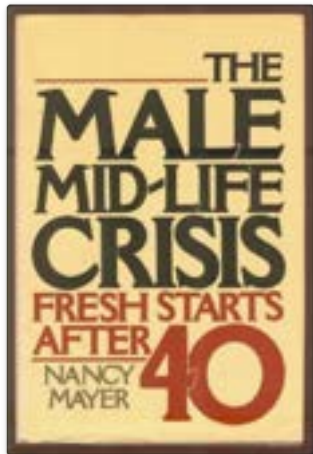
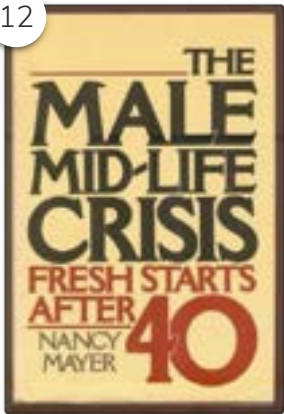
👍 Humorous 👍 Life-affirming 👍 Candid 👍 Emotional 👍 Raw 🗨️ Slow Paced 🗨️ Repetitive

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12



The Male Mid-Life Crisis Fresh Starts After Forty

By [Nancy Mayer](#)

★★★★★ 4.46 | 295 Pages

[Informative](#) [Engaging](#) [Thought-provoking](#)

Explores the psychological transitions commonly experienced by American men in their thirties, forties, and fifties and offers suggestions for dealing productively with this difficult life period.

Recommended for: Men navigating mid-life transitions. Beginner to Intermediate readers.

You will:

- ✓ Understand that midlife crisis is a common experience for various individuals
- ✓ Discover recommendations for personal re-examinations and exploring future possibilities
- ✓ Learn about the need for societal and governmental changes to address midlife challenges
- ✓ Realize the importance of attitudes over actions during midlife transitions
- ✓ Explore the concept of a midlife journey as a mental process rather than just external changes

Reviews:

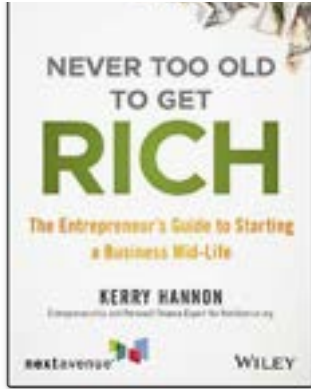
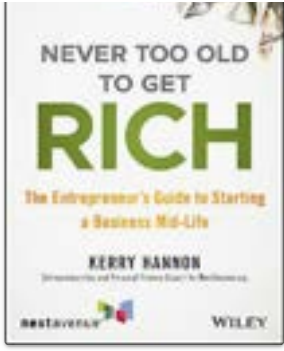
👍 Relevant Content 👍 Insightful Recommendations 👍 Timeless Advice 👍 Research-based
👍 Understanding of Midlife Challenges 🗨️ Some Fluff 🗨️ Written by a Woman

🗨️ [Read Amazon reviews](#) | [Rate or write a review](#)

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13



By [Kerry E. Hannon](#) - Nationally recognized expert and strategist on career transitions, personal finance, and retirement ⓘ

★★★★★ 4.46 | 2019 | 272 Pages

Engaging Pragmatic Motivational

Start a successful business mid-life. When you think of someone launching a start-up, the image of a twenty-something techie probably springs to mind. However, Gen Xers and Baby Boomers are just as likely to start businesses and reinvent themselves later in life. Never Too Old to Get Rich is an exciting roadmap for anyone age 50+ looking to be their own boss and launch their dream business. This book provides up-to-date resources and guidance for launching a business when you're 50+. [...more](#)

Recommended for: Mid-life professionals seeking to start their own business. Beginner to Intermediate readers.

You will:

- ✓ Find capital to start a business
- ✓ Learn from real people's success stories
- ✓ Understand the value of working with S.C.O.R.E.
- ✓ Discover resources for launching a business at 50+
- ✓ Explore opportunities for new ventures later in life

Reviews:

- 👍 Inspiring Journeys
- 👍 Action Steps
- 👍 Financially Fit
- 👍 Real People Stories
- 👍 Encouraging
- 👎 Not Hands-On
- 👎 Too Affluent Examples

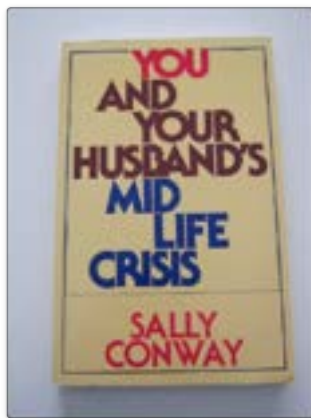
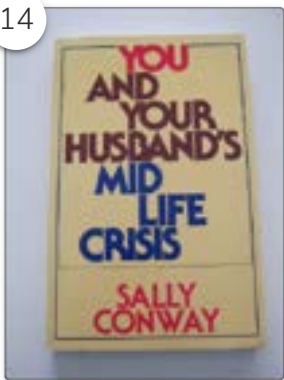
Added to Reading List by [Francisco Javier Gómez Cabrera](#)

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14



You and your husband's mid-life crisis

By [Sally Conway](#) - Received thousands of letters, e-mails, and phone calls from women coping with midlife changes ⓘ

★★★★★ 4.39 | 240 Pages

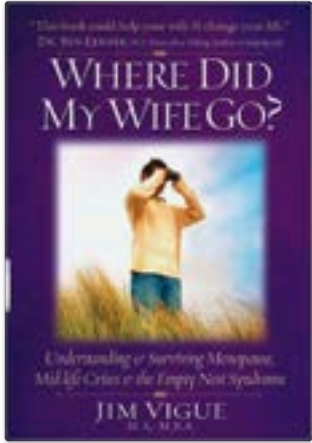
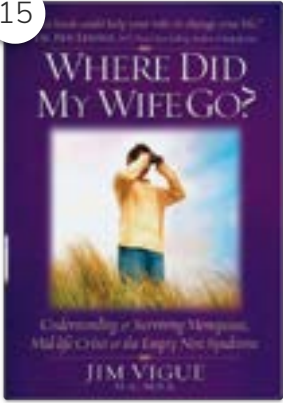
Sally Conways has received thousands of letters, e-mails, and phone calls from women trying to cope with the destructive changes in their midlife. My husband wants to move out to his own apartment - he says he just needs time alone to think. I think he is having an affair. - California My husband is angry at everyone and everything - his boss, our kids, our friends, God, and me. He is just mad, mad, mad! What should I do? - Michigan If you are a woman

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15



Where Did My Wife Go? Understanding & Surviving Menopause, Mid-Life Crises & the Empty Nest Syndrome

By [Jim Vigue](#) - Multiple award-winning author & publisher ⓘ

★★★★★ 4.37 | 2009 | 176 Pages

This book will help men and their wives understand more clearly what is happening to a woman when she enters this stage of her life. It is an eye-opening account of biological and psychological roadblocks to healthy relationships and what can be done about them. The book offers practical and easy to follow steps that can help men deal with and understand these very complex issues.

Recommended for: Men seeking to understand and support their partners during menopause. Beginner to Intermediate readers.

Recommended by [Lars Boman](#)

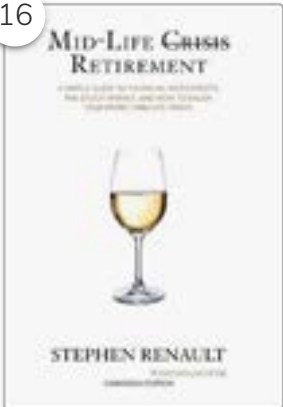
[Lars Boman](#) A remarkably sensitive explanation of this incredibly complex, but common and emotionally dangerous, life transition that menopause and mid life crisis represent

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16



Mid-Life Crisis Retirement A Simple Guide to Financial Investments, the Stock Market, and How to Enjoy Your Money and Life Today.

By [Stephen Renault](#) - Vice President of Trading, Partner, Director, Owner of a Brokerage Firm ⓘ

★★★★★ 4.36 | 2015 | 230 Pages

MID-LIFE CRISIS RETIREMENT -CANADIAN EDITION WHY DO 95% OF CANADIANS SPEND MORE TIME PICKING OUT A FRIDGE THAN LOOKING AT THEIR INVESTMENTS. IN THIS HIS PREMIER BOOK: STEVE RENAULT LOOKS AT WHERE THE MONEY GOES AND HOW TO UNDERSTAND YOUR FINANCES. AS OWNER OF A CANADIAN BROKERAGE FIRM, RENAULT SAW FIRST HAND WHERE THE MONEY TRAIL LED. RETIRING AT 40, THIS ONE TIME HIGH ROLLER LEARNED THE SECRET OF ENJOYING THE NOW. AFTER BACKPACKING

Recommended for: Financial enthusiasts seeking retirement advice. Intermediate to Advanced readers.

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17



The Mid-Life Crisis Awakening

How to transition into the woman that you were always meant to be

By [Olga Szakal](#) - Mentoring women on business, relationships, and personal development [i](#)

★★★★★ 4.33 | 2018 | 120 Pages

[Informative](#) [Reflective](#) [Empowering](#)

For past few years, I have been mentoring women on business, realtionships, and personal development. The questions I have heard again and again are "If I have done my best as a mom, as a wife, entrepreneur, sister or daughter, then why is my life such a mess? Why am I feeling completely lost?" Society, our communities, and sometimes even our friends/family keep telling us who we're supposed to be. They tell us how we are supposed to act and even what we are supposed to look like. They constantly remind us of the urgent need to hustle, to be more successful, and to be "better" than everyone else. And if we cannot, we are failures. ...[more](#)

Recommended for: Women seeking self-discovery and empowerment. Beginner to Intermediate readers.

You will:

- ✓ Discover self through past reflections
- ✓ Ask empowering questions for moving forward
- ✓ Find strength in mid-life challenges
- ✓ Embrace personal growth and transformation
- ✓ Empower yourself to take control of your life

Reviews:

[👍 Self-Discovery](#) [👍 Strength Building](#) [👍 Rise Up](#) [👍 Empowerment](#) [👍 Life Transformation](#)

[👍 Trump Supporter](#) [👍 Short Length](#)

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[Free with Audible Trial](#)

18



By [Harding Udoh](#)

★★★★★ 4.27 | 2020 | 81 Pages

Sometime around mid-life, we awake to realities that the values and lifestyle of others have influenced and directed our choices, which we have unconsciously adopted without questioning. As the decades pass, we realize the life we lead no longer feels right, even when recognition is won from others, we feel empty and untrue to self. It is to assist in identifying and handling one of the most tumultuous times of adult life that this book has been written. Questions answered in this book include: What is a midlife crisis? Why do people go through a midlife crisis? What are the stages involved? What does it feel like to pass through one? [...more](#)

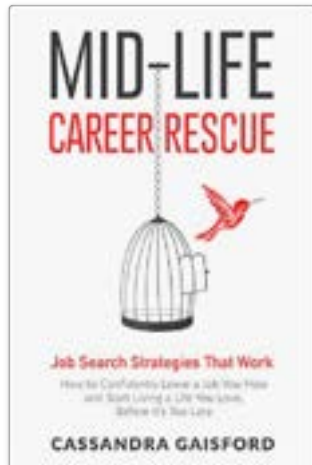
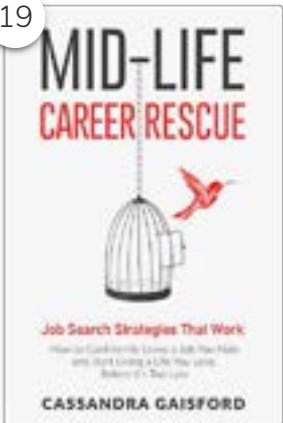
Recommended for: Adults experiencing mid-life crisis. Beginner to Intermediate readers.

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19



Mid-Life Career Rescue Job Search Strategies That Work

[How to Confidently Leave a Job You Hate and Start Living a Life You Love, Before It's Too Late](#)

By [Cassandra Gaisford](#) - Best-selling author, award-winning artist, mentor, and intuitive guide

★★★★★ 4.22 | 2018 | 272 Pages

[Practical](#) [Passionate](#) [Informative](#)


Midlife Crisis? Practical, inspiring and empowering tips and strategies every job hunter and career changer needs to know. From the best-selling author of "How to Find Your Passion and Purpose": a powerful, inspiring, and practical book about career change, overcoming obstacles and finding the job or career you really want. In Mid-Life Career Rescue Job Search Strategies That Work, holistic therapist and international career coach, Cassandra Gaisford (BCA, Dip. Psych), has written a passionate call to redefine what it means to be happy and successful in today's world. [...more](#)


Recommended for: Job seekers and career professionals seeking fulfilling work. Beginner to Intermediate readers.


You will:

- ✓ Discover practical tips for career change and job hunting
- ✓ Understand the importance of self-marketing and attitude in job search
- ✓ Learn various job search strategies and networking techniques
- ✓ Find ways to boost confidence, overcome stress, and doubt
- ✓ Explore the law of attraction, hidden job market, and self-promotion techniques

Recommended by [Barry Watson](#), [Cate Walker](#) and [Nick Williams](#)

 **Nick Williams** More and more people today, either through choice or necessity, are looking for new and more fulfilling ways of working and earning their livings. Old ways are breaking down. Today, sacrificing your deeper passions for the security of a paycheck is no guarantee of security. Following your heart and deeper self is the new security. In this book, Cassandra helps you find your work, inspiring you to consider new possibilities, gently guiding you beyond limiting thinking, and helping you find your own true self and authentic work

 **Cate Walker** This book has given me another kick up the bum, to write it all down, work from the end result backward, envisage the 'as if' and build the staircase I need to climb

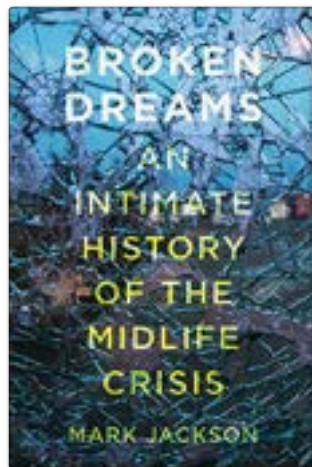
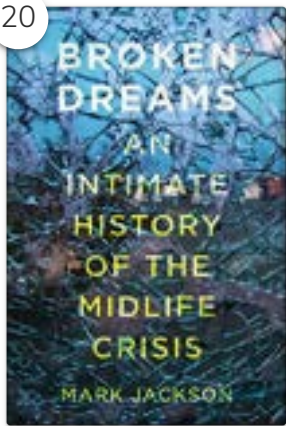
 **Barry Watson** Stop. Don't leave your job until you've read this book. Each chapter focuses on one highly practical aspect of changing careers

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20



Broken Dreams

An Intimate History of the Midlife Crisis

By [Mark Jackson](#) - Professor of the History of Medicine 

★★★★☆ 4.16 | 2021 | 336 Pages

[Scholarly](#) [Humorous](#) [Engaging](#)

The midlife crisis has become a cliché in modern society. Since the mid-twentieth century, the term has been used to explain infidelity in middle-aged men, disillusionment with personal achievements, the pain and sadness associated with separation and divorce, and the fear of approaching death. This book provides a meticulously researched account of the social and cultural conditions in which middle-aged men and women began to reevaluate their hopes and dreams, reassess their relationships, and seek new forms of identity and fresh pathways to self-satisfaction.








[...more](#)

Recommended for: Academic researchers and readers interested in the social and cultural aspects of midlife experiences. Intermediate readers.

You will:

- ✓ Understand the social and cultural factors of midlife crisis
- ✓ Explore the history of midlife turmoil
- ✓ View middle age in a fresh light
- ✓ Learn about the cultural, demographic, and economic factors of midlife crisis
- ✓ Understand the complexities of middle age

Reviews:

 [Insightful Analysis](#)  [Thought-Provoking](#)  [Nuanced Readings](#)  [Engaging Prose](#)
 [Thoroughly Evidenced](#)  [Lacks Definition](#)  [Not Easy to Define](#)

 Read by [Elena Eyre](#)

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