



How to Survive Your Husband's Midlife Crisis: Strategies and Stories from The Midlife Wives Club

Pat Gaudette, Gay Courter

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You are in a committed relationship, married or involved exclusively with one another. You thought everything was glorious—or, at least as glorious as it gets. All relationships have some rough spots. But now it seems that you are always fighting. Or he just doesn't act like himself anymore. He doesn't like his job. He wants a sportier car. He says you and he have grown apart. He wants something but he doesn't know what. All relationships have their difficult times, but when a previously sensible man morphs into an angry stranger, the difficulties compound. Does your man say he is no longer "in love" with you but his reasons, if any, are vague at best? Is he trying to reinvent himself as a younger, hipper guy? Is he looking for an elusive "something" that he can't define? Have you twisted yourself inside out in an attempt to please him, but with no success? Maybe it's time you stop trying to change yourself and focus on the real cause of his conduct. If this is new behavior for him and he is between the ages of 35 and 50, your man is blazing a trail through midlife—and he is probably having a crisis. But how do you know for sure? And if it is a crisis, what can you do about it? A midlife crisis can devour a relationship. It may be devouring yours. The Midlife Wives Club is a supportive sisterhood for midlife mates—a chance to vent some steam, share advice, or just get a reminder that you're not alone. In this guide, you'll find wisdom from both Midlife Wives and experts on: Recognizing the symptoms Coping with the threat (or reality) of infidelity Handling bad behavior—thrill-seeking, financial irresponsibility, substance abuse Identifying underlying problems like depression and anger Deciding when to stick it out—and when to pack it in Protecting your kids 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) and a comprehensive list of resources, this book can help you get past the rough spots—and turn this tumultuous time into a change for the better.

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