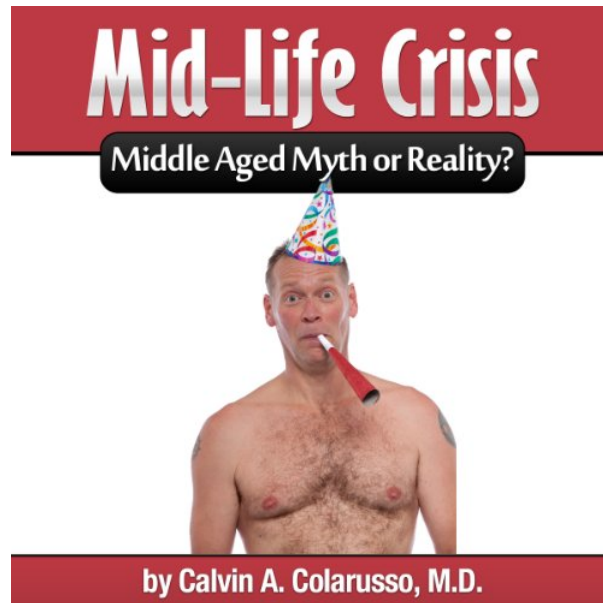


MIDLIFE CRISIS: MIDDLE AGED MYTH OR REALITY? BY CALVIN A COLARUSSO MD



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Mid-Life Crisis

Middle Aged Myth or Reality?



by Calvin A. Colarusso, M.D.

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MIDLIFE CRISIS: MIDDLE AGED MYTH OR REALITY? BY CALVIN A COLARUSSO MD PDF

Is there really such a thing as a midlife crisis, a true crisis in a person's life that happens in midlife? Yes, there is, but fortunately for most of us, it is a fairly rare event. Unlike the midlife crisis, a midlife transition is a quasi-universal reaction to the major changes that take place in midlife, mentally, physically and in relationships. This ebook describes the powerful, dynamic forces that underlie both the midlife crisis and midlife transition and provides through clinical case material, a detailed description of each.

With expertise, understanding and empathy, psychiatrist and psychoanalyst, Calvin Colarusso M.D. uses his 50 years of experience of working with midlife individuals to explain this hackneyed, but real, crisis in plain English for the general public.

Think of this book as a way to calmly navigate through the turbulent waters of midlife without experiencing a true midlife crisis or a particularly difficult midlife transition; and to understand the often-times puzzling behavior of those you know and love.

Midlife Crisis: Middle Aged Myth or Reality? contains:

- A definition of a midlife crisis
- A definition of a midlife transition
- An understanding of the dynamics underlying both the midlife crisis and transition
- A description of midlife physical and psychological challenges
- Information about the changing attitude toward birthdays across the life cycle
- A detailed clinical example of a midlife transition
- A description of the Gauguin syndrome.
- Two detailed descriptions of midlife crises

About the Author: Calvin Colarusso M. D.

An eminent authority in the field of adult development, Dr. Colarusso is a board certified Clinical Professor of Psychiatry, University of California at San Diego. He is also Training and supervising analyst in child and adult psychoanalysis at the San Diego Psychoanalytic Institute and an internationally known lecturer to students, professionals, teachers and the general public on many aspects of childhood and adulthood.

His books have been published in English, Korean, and Spanish. See www.calbooks.info.

- Sales Rank: #1212220 in eBooks
- Published on: 2012-04-23
- Released on: 2012-04-23
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Mid-life crisis.What mid-life crisis?

By Inaureoled

This is a fascinating book. Once we hit thirty or forty or fifty we convince ourselves that we are having mid-life crises. Some of us have them every two months!

In this short, eminently readable book Dr.Calarusso ,a well known Psychiatrist demystifies the traditional ideas behind the mid-life crisis. This short book is not only easy to understand for even the most ignorant layman it also shows the majority of us that we do not suffer from mid-life crises but we experience mid-life transitions.

It's natural as we grow older that we should feel that we are running out of time.It's also natural that we should question our lives and what we have or haven't achieved.

We ask ourselves: did I make the right career choice? Did I pursue the right interests? Did I marry the right person?

This is perfectly normal and is a mid-life transition as opposed to a crisis. A crisis is where we allow these questions to dominate our lives.

So are you in a mid-life crisis or transition?

If you want to know more and if you want to read about it quickly and easily then this book is for you. I recommend it wholeheartedly.

0 of 0 people found the following review helpful.

Waste of time

By "Roob"

Wasted my time reading this. It offered some examples of anonymous parties therapy sessions and no real insight into the concept of a midlife crisis

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