

Navigating Midlife

*women
becoming
themselves*



Robyn Vickers-Willis

Navigating Midlife Women Becoming Themselves

Iffat Hussain



Navigating Midlife Women Becoming Themselves:

Navigating Midlife Robyn Vickers-Willis, 2002 This book is for all women particularly those at or approaching midlife who feel the need for change in their lives but don't know how to make it happen They may be questioning aspects of their life job marriage etc this book offers strategies to find out what you actually want to do with the next part of your life

Navigating Midlife Robyn Vickers-Willis, 2008-01-01 At no other time in society have there been so many women at midlife looking for new answers new attitudes and new ways of being This powerful insightful book provides you with the tools to choose how to live the second half of life and it offers you vital possibilities for meaningful and profound change Picture this woman she is aged between 35 and 50 and although relatively content until recently she is now experiencing bewildering feelings of sadness anger and apathy and a yearning for a different life Robyn Vickers Willis writes about the importance of adults living consciously from midlife and beyond She believes that it is important for women to embrace these turbulent feelings rather than ignore sedate or run away from them Through shared stories metaphor dreams and reflections and based on a sound psychological framework you are given a map complete with all the signposts so you can choose your unique path to a life full of personal meaning new passions aliveness and creativity This valuable and engaging book is a practical resource for women experiencing important life changes and for health professionals working with women

Navigating Midlife Dr. Pratiksha Prashant, **Women and Depression** Iffat Hussain, 2010-04-16 Women and Depression is a multidisciplinary book It is a collection of research papers and essays from authors in the fields of sociology public health psychology and psychiatry It presents further interdisciplinary views on women and depression The authors have communicated their professional experience information and knowledge integrating the latest information about women and depression The chapters explore different aspects of women and depression for example how the community social and religious aspects play their roles in developing or fighting depression among women In some chapters authors have shared their personal experiences and their friends experiences which caused depression Other chapters include medical points that lead to depression in women whereas some chapters explore the healing power of self help such as yoga and meditation This book offers a comprehensive understanding of depression which is so common among women It provides an insight from a wide variety of professionals and people outside the medical field The essays are not purely medically based the book is also intended to be accessible for those outside the medical field including patients with depression their families and friends and all those who are interested in this condition **Wisdom from the Middle Ages for Middle-Aged Women** Lisa B.

Hamilton, 2007-09-01 Medieval mystics have much wisdom to offer contemporary middle aged women grappling with empty nests evolving careers and relationships spiritual growth and physical issues Mechthild for example began her writing career at the age of fifty And Julian referring to Christ as our kind mother our gracious mother has a vision of Christ allowing us to make mistakes a helpful image for women mothering nearly adult children Each chapter focuses on a topic of interest to

modern middle aged women Useful for individuals and groups **A Midsummer Night's Dream: Shakespeare's Syzygy of Meaning** , *How Asian Women Lead* J. Horan,2014-02-03 *How Asian Women Lead* provides a vastly different picture than Western focused leadership literature highlighting obstacles Asian women face reaching the top and looking beneath the corporate surface to show cultural and family perspectives **The Bulletin** ,2007 **Whispers in the Mid-Life Breeze: A Woman's Guide to Graceful Transitions** Pasquale De Marco, *Whispers in the Mid Life Breeze A Woman s Guide to Graceful Transitions* is a transformative guidebook that empowers women to navigate the journey of midlife with wisdom grace and a renewed sense of purpose Through its heartfelt stories practical advice and thought provoking insights this book delves into the challenges and opportunities that arise during this significant transition With chapters exploring a wide range of topics from embracing change and redefining success to cultivating resilience and nurturing relationships *Whispers in the Mid Life Breeze A Woman s Guide to Graceful Transitions* offers a comprehensive roadmap for women seeking guidance and support during midlife Its relatable personal narratives provide a source of validation and encouragement while its practical tools and strategies empower readers to take proactive steps towards creating a fulfilling future This book is more than just a collection of advice it is an invitation to self discovery and personal growth It challenges readers to reflect on their past experiences embrace the beauty of change and cultivate a life filled with purpose and meaning Whether you are seeking solace inspiration or practical tools for navigating midlife *Whispers in the Mid Life Breeze A Woman s Guide to Graceful Transitions* is an invaluable companion Midlife is not just a time of change it is a time of transformation It is a time to shed the weight of expectations and embrace the freedom to be who you truly are It is a time to redefine success on your own terms and to pursue your passions with renewed vigor It is a time to let go of the past and to embrace the possibilities of the future *Whispers in the Mid Life Breeze A Woman s Guide to Graceful Transitions* celebrates the wisdom strength and resilience of women It is a celebration of the beauty of change and the power of transformation With its empowering message and practical guidance this book is an indispensable resource for women seeking to navigate the journey of midlife with grace confidence and a renewed sense of purpose If you like this book write a review **Men Navigating Midlife** Robyn Vickers-Willis,2004 Written for both men and the women who care for them this book provides a better understanding of men and their emotions during the often turbulent transition period of middle age Men ages 35 50 will find encouragement and support through reading about other men s doubts bewilderment and hunger for renewal at midlife while the women in their lives gain a new perspective Intimate and candid interviews show how midlife turmoil can serve as a window of opportunity for creating a second half of life full of personal meaning vitality and passion Addressed are such sensitive but important topics as depression sexual intimacy addiction and spirituality

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