



## Coping With A Mid-life Crisis (Overcoming Common Problems)

*Derek Milne*

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# **Coping With A Mid-life Crisis (Overcoming Common Problems)**

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Mid-life crisis is a time of exceptional challenge and change for many people. This book covers: the nature of mid-life crisis, its background - personality and experience, what makes it so stressful, how to cope with it, how to change as successfully as possible.



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