



# Midlife Crisis Survival Guide

*Chapman Deering*

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Midlife is just what it is. **Life in the middle.** Past are all those youthful expectations of anything is possible. Looming ahead are all those unknowns of what will happen to me as I grow old? It can be a very scary time. The *Midlife Crisis Survival Guide* offers a new perspective on those critical issues of money, health and happiness that confront every person, male or female who feels stuck in a midlife crisis.

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