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If Not Now, When?

Reclaiming Ourselves at Midlife

Stephanie Marston

If Not Now When Reclaiming Ourselves At Midlife

**Melissa Trevathan-Minnis, Deanne
Meeks Brown**



If Not Now When Reclaiming Ourselves At Midlife:

If Not Now, When? Stephanie Marston, 2001-04-10 Midlife is a wake up call that requires we pay attention to where we stand in our lives It is a time of intense reevaluation Yet it is also a time of immense opportunity from which every woman can emerge a new person Now in one of the first books to address the spiritual emotional and psychological dimensions of the midlife transition acclaimed family therapist Stephanie Marston acts as a midwife to help women make it the extraordinary and transformative rite of passage it can be **Simple Ideas for Healthy Living** First Place 4 Health, 2011-08-31 Simple Ideas for Healthy Living contains health tips and health instruction sheets It s divided into the four areas spirit mind emotions and body It also addresses various health topics for individual instruction and discussion in group sessions

Training for Life Fred J. Hecklinger, Bernadette M. Black, 2003 *Periods in Pop Culture* Lauren Rosewarne, 2012-06-14 This title examines the presence of menstruation in a broad range of contemporary pop culture Drawing on a vast collection of menstruation scenes from film and television this study examines these representations to unearth what they reveal about society and our relationship with female biology Rosewarne is based at the University of Melbourne **Changing Course** Yitta Halberstam, Yitta H Mandelbaum, 2004-08-06 Perimenopause Menopause Midlife For the women in Changing Course these words imply much more than something to get through or even as a silent passage it s a time for great self reflection exciting adventures and new beginnings Compiled by Yitta Halberstam the author of the multimillion selling Small Miracles series Changing Course delivers an entirely new message about menopause and midlife This superlative work features sixty rich stories from women of diverse backgrounds and experience that capture the laughter and joyous tears of this important time in a woman s life This compelling work is divided into four sections Don t Look Back women who find that they must let go of the past Starting the Voyage women who are experiencing the symptoms of perimenopause or menopause The Meditative Journey women who share their epiphanies on aging New Directions New Beginnings women who have shown great courage as they look to the future Dr. Sagot and the Lamb L. Kindhart, 2010-04 Dr Sagot and the Lamb is a true story The author a psychologist herself shares with you the details of her life and her therapy sessions as she seeks to overcome anorexia depression and a fear of intimacy Effortlessly moving from the past to the present she reveals the childhood issues that have contributed to her current problems and the amazing skills that her psychologist Dr Sagot employs to resolve them With candor rarely seen the reader is taken on an intimate journey into the private world of therapy This book is a must read for anyone interested in understanding how therapy works as well as those fascinated by the human psyche or even remotely interested in the field of psychology Though rich with psychological and spiritual literature this memoir reads with the ease of a novel It is highly interesting engaging and entertaining Dr Sagot and the Lamb is sure to challenge your beliefs evoke your emotions and inspire your heart **Forthcoming Books** Rose Army, 2002-02 New Books on Women and Feminism , 2001 **American Book Publishing Record** , 2006 Not Now,

Cancer, I'm Busy Melissa Trevathan-Minnis, Deanne Meeks Brown, 2022-11-15 Synopsis Are you or is someone you love facing a cancer diagnosis in the prime of life You're not alone The likelihood of developing cancer in one's lifetime is 1 in 2 for males and 1 in 3 for females and the numbers are rising A cancer diagnosis at any age is traumatic but young to middle aged adults who are often raising or planning for children establishing careers and getting on their financial feet face unique challenges When cancer strikes this group can become overwhelmed by navigating treatment options mounting debt from medical bills threats to fertility and the necessity of facing one's mortality It can become a mental battle ground In *Not Now Cancer I'm Busy* Melissa Trevathan Minnis and Deanne Meeks Brown offer research resources and support to help you overcome the psychological trauma of cancer Sharing their own personal stories along with insights from other young cancer survivors these two mental health professionals guide you through the rollercoaster of emotions from diagnosis and treatment to transitioning back to life post treatment While the challenges of cancer survivorship are many so are the coping strategies available to help promote recovery and well being *Not Now Cancer I'm Busy* addresses cancer through the lens of mental health and offers strategies to not only cope with the challenges of cancer but to build a life full of meaning and intention despite them From developing a fighting spirit and learning how to slow down to breaking down barriers to mental health and spiritual growth this book will help you tap into your personal strengths and resilience Although a cancer diagnosis in early and midlife can be earth shattering the trauma of cancer can actually leave you stronger and better equipped if you let it WORDS OF PRAISE OMG This is a fabulous book the one everyone dealing with cancer has been waiting for While the book is specifically addressed to YMA's Young and Middle Adults it is an exhaustive compendium of experience issues and directions for all those touched in any way by cancer victims survivors family friends and the rest of us who care in one way or another From diagnosis to survivorship or to disability and death Melissa and Deanne offer amazingly comprehensive research suggestions and enlightenment at every step of the journey they take us on Most interesting to me as a psychologist psychoanalyst and survivor of cancer at age 21 are the sections on post traumatic growth developing a personal narrative and the progression from surviving to thriving *Not Now Cancer* is an absolute triumph by two people who artfully weave their personal thriving experiences of themselves and of their families and friends with a wealth of incredible details of their cancer experiences that are equally well applicable to people of all ages who are faced with life threatening diagnoses or circumstances Congratulations Melissa and Deanne and thanks Lawrence Hedges PhD PsyD ABPP Director the Listening Perspectives Study Center

Astrology of Midlife and Aging Erin Sullivan, 2005-05-19 The first in depth analysis of how an individual's natal horoscope reveals the unique challenges and opportunities of midlife Between the ages of thirty seven and forty one something mysterious takes place within the psyche Jung called this phase our unlived life assuming rightly that midlife did not inaugurate a time of rapid decay loss of libido and inevitable death but rather ushered in a period in which one might review one's life and build upon a strong foundation toward the next phase of adulthood Acclaimed

astrologer Erin Sullivan takes us through the vast changes that astrology reveals as we reach middle age It is a moment in life that is characterized by the planet Uranus one filled with opportunities to both rethink the past and move forward toward the future witnessing our lives in the way Uranus connotes There exist no maps of the terrain except the natal horoscope

Femina ,2005 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **The Art of Midlife** Linda Edelstein,1999-04-30 The subject of midlife has been dominated by the woes of aging menopause divorce hormone replacement therapies aging parents and fleeing children Now a broad ranging new work by clinical psychologist Linda N Edelstein Ph D The Art of Midlife describes the freedom and authenticity that can be made a cornerstone of the middle years She describes three healthy and predictable phases First women relinquish old ways untying themselves from the past and mourning the losses of youth and its illusions By placing less emphasis on the needs of others women can live more creatively and enjoy the present The women Dr Edelstein studied have been able to move to the next step in which they reconnect to themselves They regain their authentic voices simplify life and allow long buried aspects of themselves to emerge Finally women refocus their futures With courage they embrace new people ideas activities and work and pursue adult dreams regardless of external rewards

How to Menopause Tamsen Fadal,2025-03-25 INSTANT NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER PUBLISHER S WEEKLY BESTSELLER Next Big Idea Club Must Read Book EXPERT DRIVEN GIRLFRIEND APPROVED The perimenopause and menopause manual that cuts through the chaos so you can take back control of your body your confidence and your life from Emmy award winning journalist documentary filmmaker and social media powerhouse Tamsen Fadal If you re ready to feel like yourself again this book is the talk you never had Packed with actionable steps and evidence based tools from a team of 42 experts including neuroscientists menopause certified physicians sex and relationship therapists sleep doctors and a variety of lifestyle mentors and synthesizing research stories and strategies in a way that only a journalist can Tamsen Fadal helps you be your best advocate in a medical system not designed to treat women in midlife understand the options that tame your symptoms whether it s hormone therapy supplements or lifestyle changes implement science backed strategies to get the best sleep of your life be able to talk to your partner about sex low libido painful intercourse or how your hormones might be impacting your relationship embrace your style hair makeup clothes to match your changing body learn simple workouts skincare tips and delicious recipes to deal with belly fat dry skin and hair loss and don t worry it s not all kale salads navigate menopause in the workplace and much much more How to Menopause answers all the questions you didn t know to ask and brings you into a conversation with millions of other women Together we can embrace a stronger sexier self at every stage of midlife from perimenopause through menopause and into our bolden years How to Menopause is more than just advice it provides a lifeline Through her honesty humor research and relentless commitment to women s health Tamsen Fadal has created a guide that is both practical and deeply personal Whether you re just beginning to experience perimenopause or well into this transition these words will

leave you feeling more confident more informed and most importantly never alone Lisa Mosconi PhD New York Times bestselling author of *The Menopause Brain* For all of those millions of women out there struggling with learning how to deal with menopause Tamsen Fadal has written the menopause Bible *Ladies* you will see yourself reflected in page after page You will no longer feel alone by being 100% seen It is also full of ways to begin managing this new glorious phase of life Halle Berry *Transformation Through Menopause* Marian Van Eyk McCain, 1991-09-30 This is by far the most wise and thought provoking book on menopause that I have ever read It is must reading for every woman who dares to meet the challenges of menopause fully and consciously Christiane Northrup M D This volume presents a holistic theoretical framework for understanding menopause as a major developmental event in women's lives Rather than an unpleasant phase to be endured or alleviated Marian Van Eyk McCain views menopause as an empowering experience that women can use for personal growth Artfully interweaving her research years of clinical experience and her personal perceptions of menopause to create an inspiring new vision of the change of life She goes well beyond a discussion of hormones and hot flashes to uncover the deep emotional and spiritual significance of this time in women's lives This book is not only about change on a personal or physical level but in society as well McCain lays out historical and cross cultural beliefs about menstruation and menopause and the attitudes surrounding them from taboos to reverence and points out that in our modern society women most often either try to ignore or make it through this essential period of womanhood in order to compete in a man's world on male terms In tune with recent feminist thought the author says there is a new womanpower emerging which means that it is time for women to honor their natural cycles There is no other book that combines the insights inspiration and wealth of information contained in this work It is an important book for the alternative minded baby boom generation who are seeking new ways to approach middle age

Actualizing Ronald D. Gordon Ph. D., 2011-09 If you're encountering this book it may be because you're meant to be with it at this time in your life that there's something here you're supposed to hear and do The book is written in that spirit as if certain words on these pages can invigorate your Actualization mindset and propel you further upward on your Actualizing journey Actualizing is unfolding and cultivating our human potentials and becoming more fully functioning human beings at the levels of mind body heart spirit and relationship This volume is filled with more than seven hundred mindset messages mindfulness reminders visualizations affirmations quotes reflections questions and exercises Nuggets here can support and jumpstart your Actualizing adventure the one you've been on your whole life and that you're now wanting to take to the next level You'll dip into this volume to get motivated focused and energized You'll become steeped in self awareness relaxation of body and mind interpersonal communication finding authentic voice generative dialogue high quality listening intentionality affirmation visualization present centeredness and balance and wholeness A few minutes each day and your Actualizing process is accelerated

Transformative Negotiation Sarah Federman, 2023-08-29 This book fills longstanding gaps in negotiation a field that too often assumes everyone in diverse

societies navigates the same realities Elite solutions do not trickle down easily to those breaking cycles of poverty and disempowerment Asking your boss for a raise at a tech company for example requires a different negotiation strategy than asking Social Services to help you get your kids back from the court Context matters This book makes central how heritage ethnicity wealth gender age education and other factors influence what we ask for how people respond to our requests as well as what is at stake when we negotiate The same strategies used in the boardroom if deployed in the streets can lead to dangerous altercations Based on the wisdom of over 100 individuals who negotiate successfully from the margins the book provides tools for those who need them most and a guide for instructors and managers wishing to support them

A Lantern in The Dark Danielle Blackwood,2022-03-08 Meditations Stories Rituals for Life s Crossroads All too often when we find ourselves at a crossroads the conventional ways of understanding where we are can fall short of the mark Intuitively we know we need something more Sacred astrology teaches that there are several distinct rites of passage that can show up as a psychospiritual crisis characterized by intense challenge and confusion We are betwixt and between no longer who we used to be but not yet who we are becoming However these powerful thresholds are where the real magic of our lives happens They usually coincide with significant turning points that lead us toward our life s unique purpose Learn how myth folklore and story can be a source of guidance in difficult times Illuminate the archetypal dimensions of your own story and re enchant your life Learn when to expect the crossroad times throughout your life so you can make peace with the past navigate the present and create a more purposeful future Discover the keys to self realization and step into alignment with who you re becoming Create a self care tool kit for the distinct issues that arise with each crossroads and get clear about what you re calling in Unlock new levels of self awareness through ritual guided meditation and journal reflections crafted specifically for each threshold You will also learn how to support family friends coworkers and clients who are going through difficult times with a transpersonal understanding of where they are and what they re going through Having insight into what time it is in your life can be a lantern in the dark

How Not to Be a Superwoman Nilanjana Bhowmick,2024-03-28 In How Not to Be a Superwoman Nilanjana Bhowmick explores the immense pressure women face to excel in every role as mothers career women partners and friends and the toll this pursuit takes on their mental health and happiness Her compelling work unveils the raw real stories of diverse women who have broken free from the relentless cycle of perfectionism and offers insightful practical advice on achieving balance and joy that comes from embracing one s true self Through a feminist lens she confronts and rejects society s unrealistic expectations while advocating for a life of fulfilment self compassion and genuine empowerment This is a must read for women seeking to liberate themselves from the exhausting superwoman ideal and embrace a more self loving balanced way of living

Enjoying the Beat of Phrase: An Psychological Symphony within **If Not Now When Reclaiming Ourselves At Midlife**

In a world used by screens and the ceaseless chatter of quick transmission, the melodic beauty and emotional symphony created by the prepared word usually diminish into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, set within the pages of **If Not Now When Reclaiming Ourselves At Midlife** an enchanting fictional prize brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that charming masterpiece conducts visitors on a mental trip, well unraveling the concealed songs and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional assessment, we will explore the book is key harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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