

Download File Coins In The Fountain A Midlife Escape To Rome Free Download Pdf

Over the Hills Coins in the Fountain: A Midlife Escape to Rome The Wee Mad Road Escape from Oblivia The Africans Escape With Me Escape to the Mountain The Arabs Vietnam, Now Love and Trouble Open Road Escape From Futility Stolen Season Men in Midlife Crisis Midlife Monkeylal How to Escape the No-Win Trap Quarter Life Crisis Escape Plan Fly Fishing Through the Midlife Crisis How to Survive Your Husband's Midlife Crisis Threshold of Discovery The Pelee Project Yonder The Boy Who Said No Boating The Light on the Wall A Midlife Intermezzo Counseling Adults in Transition Create Your Own Midlife Crisis Hc Going Places: A Reader's Guide to Travel Narrative The Men I Didn't Marry The Arabs The Second Mountain Cruising World Why We Can't Sleep Life Reimagined The Great Escape Escape into Meaning Red Hot Mamas My Escape The Weight Escape

Back in 2000, Jane Christmas was, like millions of others, an exhausted single working mother with a punishing agenda of work, domestic, and parenting duties. Weekdays were an urban triathlon, weekends evaporated into mile-long to-do lists. Jane found herself drained, living beyond her means emotionally, physically, and financially. She dreamed of a simpler life, but, like everyone else, worried about the consequences of disconnecting from the frenetic working world. A highway accident changed all that. After walking away from a crash that should have killed her, she did the unthinkable and booked a three-month leave of absence from her job, put her home up for sale, and moved with her 10-year-old daughter to Pelee Island, a remote community of 180 in the middle of Lake Erie. Does the absence of a pedal-to-the-metal schedule freak her out, or does it transform her from den mother to Zen mother? Jane published a 15-part series about her sabbatical in the National Post, and her adventure caused an immediate and huge buzz. Readers were captivated by someone who had the nerve to put the brakes on life. The Pelee Project is Jane's full memoir of her hilarious faux pas, anecdotes, and epiphanies on the island, all told in that refreshingly honest voice that attracted so many to her columns. The Pelee Project is an inspiring tale of personal transformation and self-discovery. The Arabs is widely considered one of the essential books for understanding the Middle East and the peoples who live there. David Lamb, who spent years as a correspondent in Cairo, explores the Arabs' religious, political, and cultural views, noting the differences and key similarities between the many segments of the Arab world. He explains Arab attitudes and actions toward the West, including the growth of terrorism, and situates current events in a larger historical backdrop that goes back more than a thousand years. Now thoroughly revised and updated, The Arabs takes the story up to 2001. Lamb analyzes the developments that led to the attacks on the World Trade Center and the Pentagon, and helps the reader to understand how things got to that point. A veteran journalist, Lamb combines his extensive experience in

covering international politics with his deeply informed insider's knowledge to provide an intimate portrait of the Arab world today. Colette Dowling's uplifting book celebrates the myriad possibilities for women who are now turning 50. "Red hot mamas" are the dozens of women (some famous, some not) who are defying stereotypes to discover renewed power and vitality at midlife. In honest, empowering language, the women share with readers their energetic approaches to menopause, career changes, family life, and intimacy. When he left war-ravaged Vietnam some thirty years ago, journalist David Lamb averred "I didn't care if I ever saw the wretched country again." But in 1997, he found himself living in Hanoi, in charge of the Los Angeles Times's first peacetime bureau and in the midst of a country on the move, as it progresses toward a free-market economy and divorces itself from the restrictive, isolationist policies established at the end of the war. This was a new country; in Vietnam, Now, David Lamb brings it--and us--forward from its dark, distant past. From the myriad personalities entwined in the dark, distant history of the war to those focused toward the future, Lamb reveals a rich and culturally diverse people as they share their memories of the country's past, and their hopes for a peacetime future. A portrait of a beautiful country and a remarkable, determined people, Vietnam, Now is a personal journey that will change the way we think of Vietnam, and perhaps the war as well. Perennial New York Times bestselling author Susan Elizabeth Phillips now provides her fans with *The Great Escape* from ordinary women's romantic fiction, featuring some of Phillips's most adored characters, including Ted Beaudine and Lucy Jorik. Lucy Jorik is a champ at not embarrassing her family—not surprising since her mother is one of the most famous women in the world. But now Lucy has done just that. Instead of saying "I do" to the most perfect man she's ever known, Lucy flees the church and hitches a ride on the back of a beat-up motorcycle with a rough-looking stranger who couldn't be more foreign to her privileged existence. At his beach house on a Great Lakes island, Lucy hopes to find a new direction . . . and unlock the secrets of a man who reveals nothing about himself. But as the hot summer days unfold amid scented breezes and sudden storms, she discovers a passion that could change her life forever. Explains how to deal with a husband's mid-life crisis, covering topics including infidelity, thrill-seeking behavior, and financial irresponsibility, and deciding whether or not to continue with the relationship. Works' casual conversations about far-off travels with husband Glenn became a reality with the offer of a dream job at the United Nations in Rome, Italy. "I gave it all up to be happy. I'd give it all up again for you." Cassie is bored with her predictable, rule-filled life. When on a tropical beach for a destination wedding, she decides to cast those rules aside, let her hair down, and be a little unpredictable. That's when she meets a handsome bartender, Wyatt. Wyatt knows the island like the back of his hand. And after sunny days spent breaking all the rules on the beach together, Cassie realizes that nobody has ever listened to her the way that Wyatt does. His carefree life is enviable, his kisses are intoxicating, and she can almost imagine a life with him. But all vacations come to an end. And when Cassie invites him to visit her hometown, Wyatt reveals that he can never go back. Not to her town. Not to America. Not to civilization. Cassie leaves, confused and heartbroken, wondering just who she got herself involved with. Suddenly, her predictable life gets turned upside down when she sees her picture splashed across the Internet. And when the tabloids come looking for the woman who found the lost billionaire, she has no idea what to do.....until he comes back. The author describes his cross-country odyssey by bicycle from Washington, D.C., to Santa Monica, California, detailing the fascinating people and intriguing places he encountered along the way *The Water Dancer* meets *The Prophets* in this spare, gripping, and beautifully rendered novel exploring love and friendship among a group of enslaved Black strivers in the mid-19th century. They call themselves the Stolen. Their owners call them captives. They are taught their captors' tongues and their beliefs but they have a language and

rituals all their own. In a world that would be allegorical if it weren't saturated in harsh truths, Cato and William meet at Placid Hall, a plantation in an unspecified part of the American South. Subject to the whims of their tyrannical and eccentric captor, Cannonball Greene, they never know what harm may befall them: inhumane physical toil in the plantation's quarry by day, a beating by night, or the sale of a loved one at any moment. It's that cruel practice—the wanton destruction of love, the belief that Black people aren't even capable of loving—that hurts the most. It hurts the reserved and stubborn William, who finds himself falling for Margaret, a small but mighty woman with self-possession beyond her years. And it hurts Cato, whose first love, Iris, was sold off with no forewarning. He now finds solace in his hearty band of friends, including William, who is like a brother; Margaret; Little Zander; and Milton, a gifted artist. There is also Pandora, with thick braids and long limbs, whose beauty calls to him. Their relationships begin to fray when a visiting minister with a mysterious past starts to fill their heads with ideas about independence. He tells them that with freedom comes the right to choose the small things—when to dine, when to begin and end work—as well as the big things, such as whom and how to love. Do they follow the preacher and pursue the unknown? Confined in a landscape marked by deceit and uncertainty, who can they trust? In an elegant work of monumental imagination that will reorient how we think of the legacy of America's shameful past, Jabari Asim presents a beautiful, powerful, and elegiac novel that examines intimacy and longing in the quarters while asking a vital question: What would happen if an enslaved person risked everything for love? Lovesick sheep, rumors of war, storms at sea, whisky galore - a midlife escape from an 'empty nest' in America to start afresh in the wilds of Scotland. When their children grow up and leave home, authors Jack and Barbara Maloney sell their house in a midwest suburb and run off to the Highlands. Following a one-lane track called "The Wee Mad Road," they discover an isolated remnant of traditional Gaelic culture, peopled by characters as unique and memorable as the surrounding mountains. The Maloneys settle into an old stone cottage and spend two years in repeated collisions with quaint Highland ways. Entries from Barbara's diary detail the realities of village life, while Jack recounts tales of poachers, crofters and lairds in one of mainland Britain's most scenic and isolated corners. The Wee Mad Road is a warm and witty account of two years in the Highlands, with illustrations of everyday life in the wildest reaches of the United Kingdom. It's a 'how to' book for anyone who dreams of escaping the doldrums of suburban midlife and starting over. The story of one man's rediscovery of himself and the building of interpersonal connections with friends and family while hiking in the Sierra Nevada during the summer of 1994. #1 NEW YORK TIMES BESTSELLER • Everybody tells you to live for a cause larger than yourself, but how exactly do you do it? The author of The Road to Character explores what it takes to lead a meaningful life in a self-centered world. “Deeply moving, frequently eloquent and extraordinarily incisive.”—The Washington Post Every so often, you meet people who radiate joy—who seem to know why they were put on this earth, who glow with a kind of inner light. Life, for these people, has often followed what we might think of as a two-mountain shape. They get out of school, they start a career, and they begin climbing the mountain they thought they were meant to climb. Their goals on this first mountain are the ones our culture endorses: to be a success, to make your mark, to experience personal happiness. But when they get to the top of that mountain, something happens. They look around and find the view . . . unsatisfying. They realize: This wasn't my mountain after all. There's another, bigger mountain out there that is actually my mountain. And so they embark on a new journey. On the second mountain, life moves from self-centered to other-centered. They want the things that are truly worth wanting, not the things other people tell them to want. They embrace a life of interdependence, not independence. They surrender to a life of commitment. In *The Second Mountain*,

David Brooks explores the four commitments that define a life of meaning and purpose: to a spouse and family, to a vocation, to a philosophy or faith, and to a community. Our personal fulfillment depends on how well we choose and execute these commitments. Brooks looks at a range of people who have lived joyous, committed lives, and who have embraced the necessity and beauty of dependence. He gathers their wisdom on how to choose a partner, how to pick a vocation, how to live out a philosophy, and how we can begin to integrate our commitments into one overriding purpose. In short, this book is meant to help us all lead more meaningful lives. But it's also a provocative social commentary. We live in a society, Brooks argues, that celebrates freedom, that tells us to be true to ourselves, at the expense of surrendering to a cause, rooting ourselves in a neighborhood, binding ourselves to others by social solidarity and love. We have taken individualism to the extreme—and in the process we have torn the social fabric in a thousand different ways. The path to repair is through making deeper commitments. In *The Second Mountain*, Brooks shows what can happen when we put commitment-making at the center of our lives. Explores the fears, self-doubts and frustrations of middle-aged men while providing tested counsel based on Scripture, psychology, and faith. Producer, editor, and writer behind the highly addictive, informative, and popular YouTube channel *The Nerdwriter*, Evan Puschak presents “a brilliant, wide-ranging essay collection that explores meaning and how we make it with the thoughtfulness and open-hearted generosity that have long been hallmarks of Puschak’s writing” (John Green, *New York Times* bestselling author). As YouTube’s *The Nerdwriter*, Evan Puschak plays the polymath, posing questions and providing answers across a wide range of fields—from the power of a split diopter shot in *Toy Story 4* to the political dangers of *schadenfreude*. Now, he brings that same insatiable curiosity and striking wit to this engaging and unputdownable essay collection. Perfect for fans of *Trick Mirror* and the writing of John Hodgman and Chuck Klosterman, *Escape into Meaning* is “a passionate, perceptive” (Hua Hsu, author of *Stay True*) compendium of fascinating insights into obsession. Whether you’re interested in the philosophy of Jerry Seinfeld or how Clark Kent is the real hero, there’s something for everyone in this effervescent collection. "At times I feel I have lived two lives, one as a child in a dysfunctional family and young adult in the aftermath of that dysfunction, and another that began as an escape from the first life. My life in the throes of dysfunction stemmed from having a schizophrenic mother, and a father and brother with substance abuse problems. My life of escape began in my mid-thirties, when I underwent a midlife crisis (a fairly healthy one, as midlife crises go) and moved to Japan. After spending nearly four years living and traveling through Asia, I returned home. This manuscript reflects those two lives, and most of the poems contained herein are based on personal experience. Not all of the poems are factually true, but they address the complexity of growing up in an unstable environment, the need to escape the stresses of such an environment, and the wonderment, freedom and awkwardness that occur when one wanders far from home and lives on the edges of a foreign culture. ..." -- from Introduction. "Midlife Monkeylala" shares the true story of a teacher's wacky adventures on the remote island of Roatan, Honduras, in the early 1990s before modernization. Her growth from self-indulgent outsider to compassionate champion of indigent islanders is heartwarming. Diet fads and fitness trends may offer the prospect of losing weight, but they rarely work out long-term. *The Weight Escape* offers something life-changingly different. Using the mindfulness-based method called Acceptance and Commitment Therapy (ACT), Dr. Russ Harris, author of the best-selling *Happiness Trap*; psychological practitioner Ann Bailey; and scientist Joseph Ciarrochi show you how to make the lasting changes you want. Focusing on the mental barriers that can keep us from setting and achieving our goals, they promote a holistic approach to well-being and weight loss—one that goes beyond meal plans and calorie counting to apply mindfulness to how you live as well as to what

you eat. Through practical exercises and personal stories they show you how to:

- Set goals and give direction to your life
- Overcome destructive habits and exercise self-control
- Deal with cravings and stressful situations
- Develop self-acceptance

This book contains the tools you need not only to get the weight-loss results you want but to maintain a healthy weight—and a healthy sense of well-being—for the rest of your life.

- Thoughtful exploration of midlife spirituality through the prism of nature walks
- Study questions for each section

Roger Owens, facing a “dark night of the soul” as he turned forty and entered midlife, was encouraged by his spiritual director to think of it instead as a “threshold of discovery.” Rather than go on a grand adventure like walking the Appalachian Trail or the Camino de Santiago, he decided to mark his fortieth year by taking forty walks in a nearby nature preserve. With patience and attention, he explored the concerns rising within him: the inevitability of death, his boredom with life, and the reality of his changing faith, changing images of God, and changing sense of self. The result is forty short chapters that weave together insightful stories of his walks with accessible history and practices of Christian spirituality and the lives of saints. This field guide to the spirituality of midlife facilitates readers’ personal journeys through questions of faith, purpose, and relationships. It is not solely a memoir, but a work of wisdom literature that uses engaging first-person narratives to explore universal themes and spiritual inquiry. Wise and imaginative, and with study questions for each section, *Threshold of Discovery* is the companion guide for a thoughtful Christian journey.

As a boy Frank Mederos’ grandfather teaches him to fish, to navigate the seas, and to think for himself, much needed skills under the new Castro regime. When Frank is drafted into the army, he is soon promoted to the Special Forces, where he is privy to top military secrets. But young Frank has no sympathy for Fidel. He thirsts for freedom and longs to join his girlfriend who has left Cuba for America. Frank yearns to defect, but his timing couldn’t be worse. After two unsuccessful escape attempts, Frank learns that the departure of the next available boat conflicts with upcoming military exercises. If he stays, he will miss the boat. If he doesn’t, he will be the object of a massive manhunt. Problems abound: How will Frank escape the army base without being seen? Where will he hide until the boat comes? How can he outwit his commanding officer? And how can he elude hundreds of soldiers ordered to bring him back “dead or alive”? Frank’s true story, a tale of love, loss and courage that will keep you on the edge of your seat until the last page is turned.

A U.S. release of the personal story of a renowned French writer and feminist describes her choices, friendships, marriages and advocacy for women's rights against a backdrop of the 20th century's historical debates about a woman's right to vote, work and receive safe legal abortions. Original. Successfully navigate the rich world of travel narratives and identify fiction and nonfiction read-alikes with this detailed and expertly constructed guide. If you are between the ages of 20 and 40 you may have found yourself at a point of confusion, indecision, paralysis or frustration with your life, your career or your relationships. This is the new accelerated midlife crisis that comes earlier in life. Thanks to a faster pace of life, new pressures, expanded job and career options thanks to the Internet, Generation Y and Generation Z are being confronted by how to move forward in their lives with certainty, clarity, and confidence. This simple five step solution helps you identify which kind of Quarter Life Crisis you are in (there are 4, according to the author Kay Walker), and provides you with a clear roadmap, easy strategies and simple exercises to resolve the crisis. The author then shows you how to create a new future that will restore happiness, confidence, bring clarity and launch you into the life you have always wanted. If you want financial freedom, a designed life and a meaningful career that brings you joy and a sense of accomplishment, then this is the book for you. And for those that are looking for a way forward, but are no longer in their 20s or 30s, this book can work for you too. Fans of Cheryl Strayed’s *Wild*, Bill Bryson’s *A Walk in the Woods*, and

Elizabeth Gilbert's *Eat, Pray, Love* will enjoy author Toby Neal's road trip travel memoir of self-discovery as she and her husband journey through the National Parks! I had a dream to live a "normal" life and I attained it; but along the way, I lost myself. My story began in *Freckled: a Memoir of Growing up Wild in Hawaii*, but it continued after I married the man of my dreams, completed my education with multiple degrees, had a successful career, and raised two beautiful children. I sacrificed to get to where I was. Though I didn't regret anything, flat on my back in the doctor's office on the cusp of my fiftieth birthday, my health was crumbling. I no longer recognized myself. I turned my head and saw a calendar on the wall: Bryce Canyon National Park in Utah beckoned me with its mysterious sandstone hoodoos. A road trip traveling through the National Parks was just what I needed to rediscover the girl I'd been; it could help me turn a corner into my new career as a writer, and my husband would enjoy a chance to photograph the natural wonders we saw. Sometimes, a twelve-thousand-mile road trip is also a personal quest. ?An absorbing travel narrative about defining and facing the limitations and opportunities of midlife. An absorbing travel narrative about defining and facing the limitations and opportunities of midlife. —Kirkus Reviews

Howell Raines has gone fly fishing with presidents of the United States and legends of the sport, as well as relatives, childhood friends, and his two sons. Casting deep into the waters of his tumultuous and momentous life -- his storied career at the *New York Times*, his painful divorce, his seven-year feud with his father, his memorable friendship with fisherman/philosopher Richard C. Blalock -- Raines offers his now-classic meditation on the "disciplined, beautiful, and unessential activity" of fly fishing and the challenges and opportunities of middle age. A witty and profound celebration of life's transitions and the serene pleasures of the outdoors, Raines's memories and observations offer wisdom for the younger man, comfort for the older man, and rare insight for women into the often puzzling male psyche. "Hear me, my brothers," Raines says. "Anything is possible in the life of a man if he lives long enough. Even adulthood." REVIEWS of *A MIDLIFE INTERMEZZO* **** Four stars (out of five) Fans of *schadenfreude* will devour this compelling story of a midlife crisis that deteriorates into obsession. Boas Gonen offers a drama of the human soul in *A Midlife Intermezzo*, the compelling story of one mans midlife crisis gone awry The first-person perspective, which can be tricky, is well crafted. The voice is candid and honest. It provides suspense just when the story needs it: It was time to quit while my sanity was intact, although I wondered whether it wasnt too late for that. The characters are fully dimensional and fallible This is a tale of one mans struggles, providing enough interest to inspire pressing on through all four hundred pages -Clarion (Foreword) Review Gonens writing flows competently, including scenesetting, dialogue and point of view (some sections are in Svetlanas voice); he uses Vips medical background to good effect, and his discussions of opera are well-informed ... -Kirkus Reviews He fantasizes about saving damsels in distress and battling beasts. He'd better be careful what he wishes for... Will Kirby has hit his mid-life crisis at full speed. Once a rugged outdoorsman, he's now soft around the middle and trapped in the banality of minivans, suburbia, and his eight-year-old's dance recitals. But his constant daydreams of heroic adventure suddenly fall within his grasp when an old pulp author's journals reveal a portal to another world. Immediately forced to rescue two gorgeous babes from attack by a Japanese Zero, Will lands ashore on an island paradise brimming with adrenaline-pumping action and consequence-free sex. But with danger around every turn and the faint call of his former life tugging at his mind, he wonders if his fantasy has turned into a deranged nightmare. Can Will discover what it really means to be a man before he's forever lost to an illusion? *Escape from Oblivia* is a revealing exploration of the male psyche and modern man's confusion in his attempt to reconcile the sexist hero role model handed him by pre-feminist generations with today's less defined, and more complex expectations of a man. If you like magical realism, irreverent

irony, and satirical stabs at tired tropes, then you'll love Brian Kindall's racy romp into freedom. Buy *Escape from Oblivia* to strip down and dive in today! *The Arabs* is widely considered one of the essential books for understanding the Middle East and the peoples who live there. David Lamb, who spent years as a correspondent in Cairo, explores the Arabs' religious, political, and cultural views, noting the differences and key similarities between the many segments of the Arab world. He explains Arab attitudes and actions toward the West, including the growth of terrorism, and situates current events in a larger historical backdrop that goes back more than a thousand years. Now thoroughly revised and updated, *The Arabs* takes the story up to 2001. Lamb analyzes the developments that led to the attacks on the World Trade Center and the Pentagon, and helps the reader to understand how things got to that point. A veteran journalist, Lamb combines his extensive experience in covering international politics with his deeply informed insider's knowledge to provide an intimate portrait of the Arab world today. An inside study of minor league baseball provides a portrait of the small cities and towns that house the teams and the colorful people--players, owners, coaches, and fans--who contribute to the baseball legend. A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better—and for good. There's no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It's a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is about renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology—as well as her own story of midlife transformation—Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures. From the New York Times best-selling author of *Poser: My Life in Twenty-Three Yoga Poses*, a ferocious, sexy, hilarious memoir about going off the rails at midlife and trying to reconcile the girl she was with the woman she has become. Claire Dederer is a happily married mother of two, ages nine and twelve, when she suddenly finds herself totally despondent and, simultaneously, suffering through a kind of erotic reawakening. This exuberant memoir shifts between her present experience as a middle-aged mom in the grip of mysterious new hungers and herself as a teenager--when she last experienced life with such heightened sensitivity and longing. From her hilarious chapter titles ("How to Have Sex with Your Husband of Seventeen Years") to her subjects--from the boyfriend she dumped at fourteen the moment she learned how to give herself an orgasm, to the girls who ruled her elite private school ("when I left Oberlin I thought I had done with them forever, but it turned out ...they also edited all the newspapers and magazines, and wrote all the books"), to raising a teenage daughter herself--Dederer writes with an electrifying blend of wry wit and raw honesty. She exposes herself utterly, and in doing so captures something universal about the experience of being a woman, a daughter, a wife. During the four years he spent in black Africa as the bureau chief for the Los Angeles Times, David Lamb traveled through almost every country south of the Sahara, logging more than 300,000 miles. He talked to presidents and guerrilla leaders, university professors and witch doctors. He bounced from wars to coups oceans apart, catching midnight flights to little-known countries where supposedly decent people were doing unspeakable things to one another. In the tradition of John Gunther's *Inside Africa*, *The Africans* is an extraordinary combination of analysis and adventure. Part travelogue, part contemporary history, it is a portrait of a continent that sometimes seems hell-bent on destroying itself, and of people who are as courageous as they are long-suffering. Midway through our lives, we wonder how we ended up

here - secretly wishing we could set flame to everything and walk away in slow motion, leaving all our responsibilities, boring routines, and demanding bosses behind. But this is adulthood. This is how it has to be. And there is no way to start life over again. Or is there? In the style of choose-your-own-adventure stories, **CREATE YOUR OWN MIDLIFE CRISIS** will give you the chance to try all the roads not taken: To take your mother to a nightclub, turn to page 68. To buy a motorcycle, turn to page 74. To agree to a swingers' night, turn to page 82. To quit this stupid job, go to page 108. Whether it's an affair with a younger man, ayahuasca, or just telling your boss to shove it, choose from countless hilarious and surprising outcomes. A practical approach to resolving life's catch-22 situations No matter what stresses life may throw at you, there is a way to make things that may at first seem to be no-win situations into win-win victories. Stressful circumstances may have less to do with difficult people and scenarios--and more to do with how we respond to them. In **How to Escape the No-Win Trap**, psychotherapist Barbara Berg helps readers gain the insight to detect impending double binds--and stay one step ahead them. This invaluable book reveals: How to assess where you are now in your life--and how you got there How to detach from predicaments that don't work for you The three types of double binds: situational, interpersonal, and circuit overload When to keep trying, and when to alter your course, or let go altogether When Ada Calhoun found herself in the throes of a midlife crisis, she thought that she had no right to complain. She was married with children and a good career. So why did she feel miserable? And why did it seem that other Generation X women were miserable, too? Calhoun decided to find some answers. She looked into housing costs, HR trends, credit card debt averages, and divorce data. At every turn, she saw a pattern: sandwiched between the Boomers and the Millennials, Gen X women were facing new problems as they entered middle age, problems that were being largely overlooked. Speaking with women across America about their experiences as the generation raised to "have it all," Calhoun found that most were exhausted, terrified about money, under-employed, and overwhelmed. Instead of their issues being heard, they were told instead to lean in, take "me-time," or make a chore chart to get their lives and homes in order. In **Why We Can't Sleep**, Calhoun opens up the cultural and political contexts of Gen X's predicament and offers solutions for how to pull oneself out of the abyss—and keep the next generation of women from falling in. The result is reassuring, empowering, and essential reading for all middle-aged women, and anyone who hopes to understand them. It's not just you. The struggle is real. There's a way off the hamster wheel of life. From adulting to midlife to pre and post retirement, life seems to be an endless grind. There's always the hope of conquering the next hill, but the next summit invariably disappoints. The futility of it all might be a background hum, but when you listen, it's there - no matter how successful you are. **Escape From Futility** provides the Biblical solution. Starting with one of the most successful people who ever lived - Solomon - it outlines the cause of this futility and God's key to escape, finishing with twelve practical ways to make it work in daily life.

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WHEELBACK TO SOLOMON What Was Solomon Missing? Solomon's Tragic Ending **PURPOSELY FORWARD** What Does This Mean For Us? Eternity In Your Heart The authors of the national bestsellers *Mine Are Spectacular!* and *The Botox Diaries* apply their trademark wit and wisdom to another delicious read. Join Hallie Lawrence Pierpont as she's whisked away on a journey into her past love life that leads to her future. Hallie's husband, Bill, doesn't even wait until they get home from dropping off their youngest daughter at Yale to announce that he's leaving—for fitness trainer Ashlee (two e's, perky breasts, and shiny hair to boot). After first succumbing to an Oreo-induced coma, Hallie is determined to get her life back. An unexpected call from an old college boyfriend sets a plan in motion. Whatever happened to all those men she didn't marry? First up is Eric, now an international businessman and number 277 on Forbes's "Richest People in the World" list. He and Hallie used to put a nickel in the piggy bank every time they made love. Now Eric would like to renew the investment. Next she finds Rav Jon Yoma Maharishi—formerly known as Barry. Her onetime backpacking boyfriend has become the spiritual leader at the Heavenly Spirit Retreat Center, and their reunion would be a little smoother if he weren't in the midst of a three-day silent meditation. Kevin, the sexiest man she ever met, is now a scuba-diving photographer working on Angelina Jolie's latest movie. When he seduces her into joining him at his beachfront paradise on Virgin Gorda, Hallie can overlook his gaggle of bikini-clad friends, but can a woman survive on a steady diet of sex, sharks, and air tanks? Back at home with her best friend, Bellini Baxter, Hallie visits an all-night spray-tanning salon and Soho's legendary Cellulite Exorcist, whose secret weapon looks suspiciously like an Oreck vacuum cleaner. Hallie's college-age children are protective of their mom but embarrassed to have her back in teenage territory—the world of dating and condoms. Finally, Hallie confronts the great love she swore she'd never see again and resolves an old family secret. Janice Kaplan and Lynn Schnurnberger tell a heartfelt and hilarious story about moving forward by looking back. By turns poignant and laugh-aloud funny, this is a must read for every woman who's ever wondered about the men she didn't marry.

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