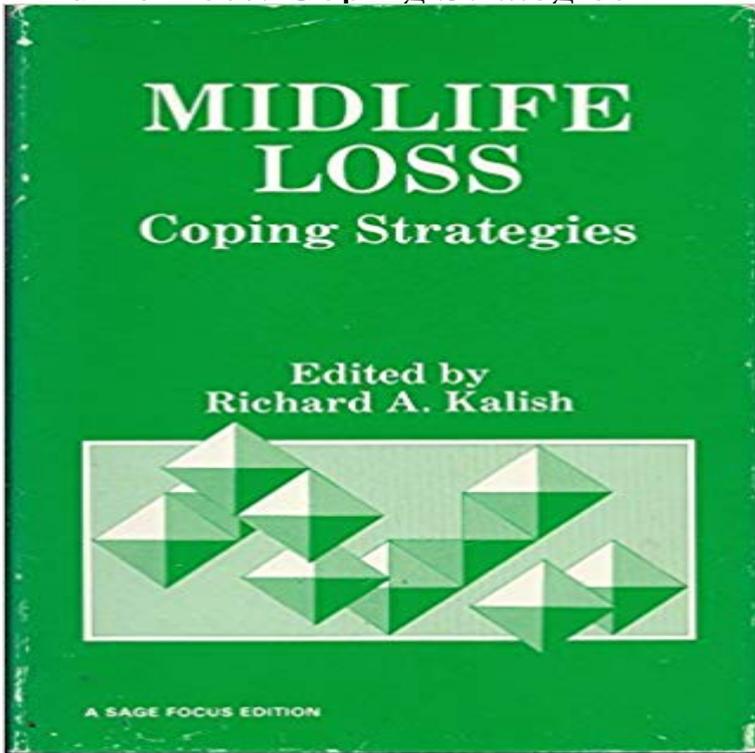


## Midlife Loss: Coping Strategies



This innovative volume focuses on how people cope with the inevitable losses encountered in the middle years of life, from the mid-thirties to the mid-fifties. It views midlife as a stage in which people develop and as a time that links youth and the later years in which loss and stress can lead to growth and positive change. Each chapter reflects both the research available and the individual contributors ideas and insights.

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