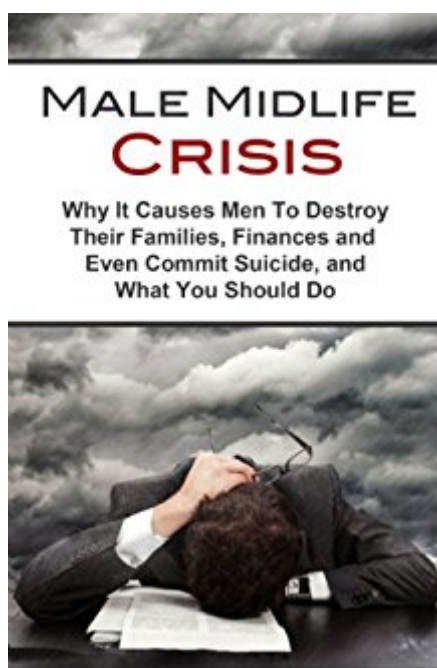


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# Male Midlife Crisis: Why It Causes Men To Destroy Their Families, Finances And Even Commit Suicide, And What You Should Do



Kara Oh



## Synopsis

How Can You Know If He's Going Through Midlife Crisis, and And What Can You Do If He Is? Or, if he's not at that point yet, what can you do so it doesn't happen at all? We make fun of midlife crisis but there's nothing funny about it when you're the one going through it. Too often, families are ripped apart, finances are ruined, and sadly, too many men respond by committing suicide. In this revealing book, you will discover: What triggers male midlife crisis, Why men have such a difficult time dealing with it, What you can do to help him through it, What you need to do to protect yourself and your family, And what you must understand if he wants to repair the damage he's done. Not only will you understand male midlife crisis, you will understand who your husband really is, beneath the surface, deep in his psyche. You'll learn what has been driving him, and why, very likely, he has felt a silent discontent all his life, without realizing why. When you learn what your part is during this very scary and uncertain time, you will be able to give him what he needs. But even more important, you will learn what you need to do to protect and care for your heart. If he makes it through "and he hasn't ripped to shreds everything you hold dear" there is a good chance that he will emerge the man you always knew he could be. There's also a possibility (if he is brave enough to look inside himself) that he will be a happier man, who is more connected to all of what it means to be human, rather than an automaton whose programming was switched on the day he was born. Every woman who values her marriage and cares about the well-being of her husband should have this information at hand. I offer this book as a gift from my heart, because I've gone through it myself. Blessings on your journey, Kara Oh, author of Men Made Easy

## Book Information

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## Customer Reviews

My husband is now going through this traumatic process, and the last few years have taken a huge toll on our marriage. We are both in professional counseling as I write this, and my greatest hope is that we can both come out stronger, and together. This book showed me that we are not alone in this experience, and that this issue isn't necessarily the death knell for our lives as a couple. I'm putting my faith and trust in God, our counselor, and in our real love for each other. With that faith, trust and love, I hope we survive this crisis of fire.

This is a fascinating book! Oh holds seminars where she brings in a panel of men to answer any questions no matter how personal. To make sure the men are up for it, she holds personal interviews with them first, so she is well-versed in this subject. This book is a result of her insight into the male mid-life crisis, something women, and probably most men, poor understand. Very insightful.

This book did a great job of explaining some of what is going on in the male psyche as they navigate a difficult time. There were not a lot of concrete steps to take to survive (for the confused wife) but it was helpful to me in validating that what I was going through wasn't unique. Very helpful information to help normalize your feelings in a potential crisis situation.

This book really helped me understand what was going on with in my man...I thought it was midlife crisis...but this confirmed it.....he left and is with another woman. Thank you for this book, I feel so much better.

As a divorced guy, I can see where I fell into this trap at a time in my life when my career stalled. For a guy, you can get into a tailspin about the meaning of it all, and this book does a good job explaining why it's happening. I don't think many guys would take this subject seriously, but knowing

guys who have killed themselves, and families broke apart including mine, I would entertain reading this and doing some good thinking before you really jump off the ledge of a midlifer. As a guy, you will not know you have jumped...

This book was honestly written. The author is not afraid to show herself and her personal struggles, which makes it more credible to me. She has a wonderful insight into a man's emotional state. It is short enough to read quickly, because the last thing you want to do while watching someone go through a crisis, is have to wait a few weeks to get through a super long book.

The book is written for women in the US in general. It is simply written but without any single example of a male midlife crisis (MMC). The symptoms of MMC were briefly and well listed. The causes were too general and lacked anecdotal examples; they have limited value, in my opinion, because the causes of MMC are much more varied and complex. There was no description for males how to get out of it; the book after all is written for women. The coping advice was targeted at wives (partners) and was great and practical: take care of yourself as you let MMC run its course. I recommend this book for anybody interested in MMC, but remember not to generalize or use the causes as evidence- based psychology.

Kara Oh does it again! This is a great, and informative book on the psychology behind the midlife crisis. The book is written in a very clear and concise fashion, and really brings together Kara's great insights into relationships. Highly recommended!

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