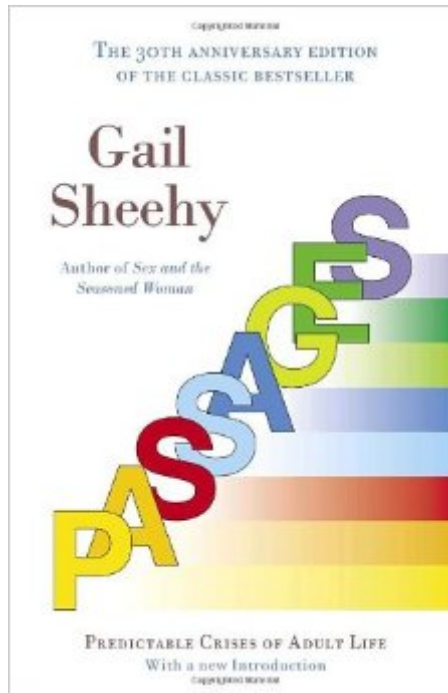


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# Passages: Predictable Crises Of Adult Life



## Synopsis

At last, this is your story. You'll recognize yourself, your friends, and your loves. You'll see how to use each life crisis as an opportunity for creative change -- to grow to your full potential. Gail Sheehy's brilliant road map of adult life shows the inevitable personality and sexual changes we go through in our 20s, 30s, 40s, and beyond. The Trying 20s -- The safety of home left behind, we begin trying on life's uniforms and possible partners in search of the perfect fit. The Catch 30s -- illusions shaken, it's time to make, break, or deepen life commitments. The Forlorn 40s -- Dangerous years when the dreams of youth demand reassessment, men and women switch characteristics, sexual panic is common, but the greatest opportunity for self-discovery awaits. The Refreshed (or Resigned) 50s -- Best of life for those who let go old roles and find a renewal of purpose.

## Book Information

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## Customer Reviews

"Passages" is a classic book about confronting the changes of middle age, and the author has a no-nonsense style that is really refreshing. It was very helpful to hear how many people who reach middle age (whenever that is) have many of the same confusing and upsetting feelings, how we're not nuts, and how there IS light at the end of the tunnel. However, having said that, this book seemed quite dated to me. It was written in the 1970s when it was still the norm for women to marry in their early 20's without any career training, a college education, or any experience with independent living. The crises that these women confronted in middle age are a bit different than

modern women face, since many modern women have achieved quite a bit of independence before establishing a relationship with a partner, or choosing to remain single. Also, I found the discussion of men's lives reflected the 1970's social norms as well, i.e. that most men followed the traditional business-career route, and were pretty sexist in their attitudes towards their wives. This social bias is reflected in her discussion of difficulties that couples face during various stages of their lives. Some of the psychological research the author referred to is quite out of date as well. Still, I think the author presented some great insights about the feelings that many middle aged people experience, and despite the somewhat dated psychological and social perspectives, this book is really worth reading, particularly if you just skim over the outdated stuff. One thing that really struck me is how much our modern view of when "middle age" occurs differs from what the author presented in her book. She described people beginning to confront "middle age" around age 35.

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