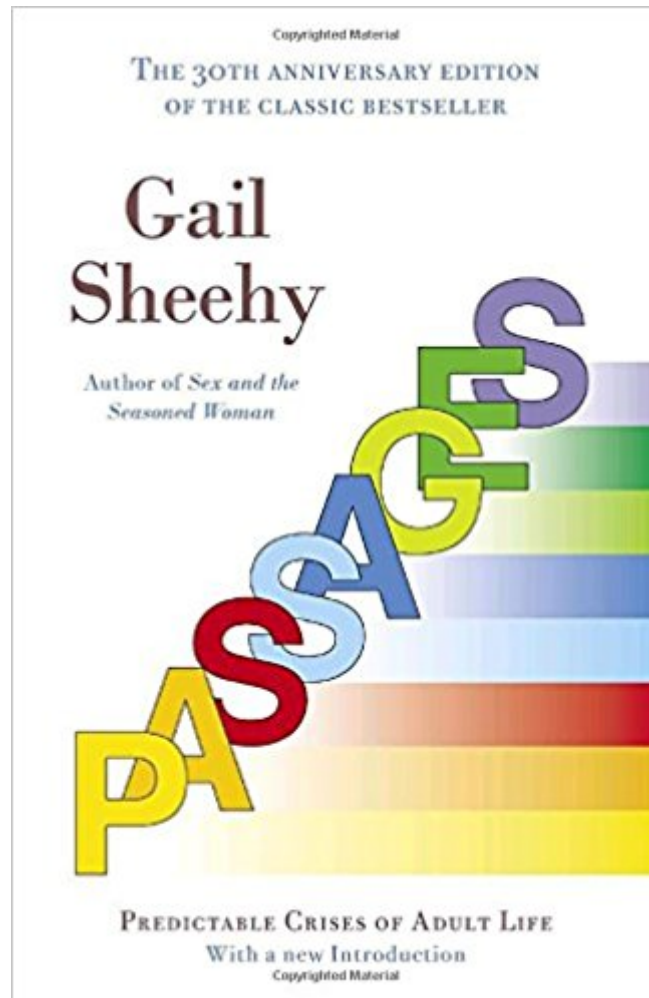




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# Passages: Predictable Crises Of Adult Life



## 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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Refreshed (or Resigned) 50s -- Best of life for those who let go old roles and find a renewal of purpose. "From the Paperback edition.

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I had read *Passages* 20 years ago, then donated it to a library. From then on, I regretted not having it when I talked with friends about the transitions in adult life. The last time I had that regret, I happily remembered that I could order used books easily on , so I got two copies. One is to lend and one is to keep. What is so special about this book is that it picks up where other books end. There are thousands of books about infants, young children and teens. We fully understand that growth is a process and that, while each person is unique, there are commonalities in development. However, once we are adults, we seem to think we are static. *Passages* describes the normal growth throughout life. It is comforting to see, for example, that most people have to seriously reassess their goals in their 40's. This book is especially encouraging for parents of adult children. It affirms that we are changing our own priorities and it helps us to see how our needs and the ever changing needs of our offspring can complement one another. Maybe most importantly, we are reminded that their attention to their own careers and children right when we crave more intimacy with them is normal and healthy.

I LOVED this book! Read it too late to change things in my life, as I am a senior citizen, but as I read it I felt she had been a silent observer in things that I did. A must read for girls and young women before they attach themselves to a male and fail to learn who THEY are supposed to be and how to proceed with the only life they are given. Give this book to a 7th or 8th grader and older so they can reach their full potential. Incredible read.

I had gotten this book when it first came out in the 70's. Lost a lot of books in the 80's and now I am getting some back. This one and her *Passages for women* "the Silent Passage" were very helpful in understanding many things in my life. The 'generic life cycles' was understandable and useful.

Having never read this book but knew about it since it was written. I found it wonderful and very interesting about the different ages one goes through. It is helping me to understand how to survive the inevitable aging process with equanimity.

This book was an eye opener and helped me see and understand so many things that have happened (and are happening now) in my life. It covers many changes in your life and gives you a helpful perspective on them. I would suggest it as a good read.

Adoptee Judith Romano (Adoption Detective: Memoir of an Adopted Child, 2011) found the information contained in the book Passages to be extremely helpful for coping with life's tribulations through understanding of normal changes in human perspective and performance based on age and experience. In Chapters 14 and 15, Sense of Urgency and Gateway to Adulthood, she is motivated to do an adoption search and her emotional growth parallels the information in the book Passages. Authors Judith and Martin Land considered this book of significant important and highlighted it in References: Page 274-275 Judith Land, Author Adoption Detective: Memoir of an Adopted Child

I felt like crying in some parts and felt like getting going in others. I saw myself all over this book. Want to read it again because I just can't remember all of it. I want to implement all of her suggestions..

This is the book I've ways wanted to read and didn't know existed. I'm excited to check out her other work.

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