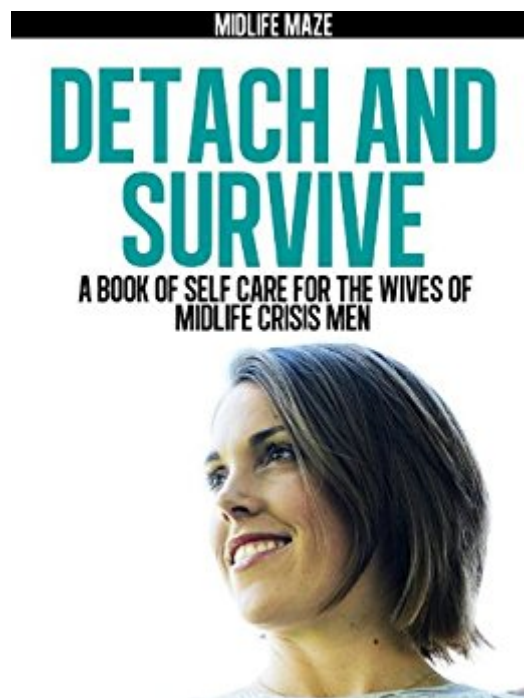




Ebook Directory
the best source of ebook

The book was found

Detach And Survive: A Book Of Self-Care For The Wives Of Midlife Crisis Men



Synopsis

When your husband is going through a midlife crisis it can feel as though your whole world is falling apart, as though you yourself are falling apart. You may fall into the trap of trying to "fix him" or "fix" your marriage. Unfortunately you can't fix him and, despite many claims to the contrary, you can't fix this marriage all by yourself either. All you can really do is take care of yourself. This little book aims to help you get through this difficult time by focusing on yourself, taking care of your own wants and needs and letting go of that which you cannot control. If you are looking for a book to help you understand the Midlife Crisis Man or to tell you what you can do to attempt to save your marriage, then *Detach and Survive* is NOT the book for you. However, if you are ready to start taking care of yourself and want to survive his crisis with a little self respect and not destroy yourself in the process. If you are ready to take responsibility for that which you can control and let go of that which you can't, then buy this book. Learning to *Detach and Survive* can help you through.

Book Information

File Size: 193 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publisher: Midlife Maze; 1 edition (April 25, 2012)

Publication Date: April 25, 2012

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B007XUDJVV

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #94,114 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Â Â Books > Self-Help > Mid-Life #58 in Â Â Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Parenting & Relationships #66 in Â Â Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Divorce

Customer Reviews

I'm a wife of a MLC husband whom I love very much and was caught completely off guard by his crazy and destructive behavior. I have been struggling with deep anger and resentment for what he has done (or not done) and how he has treated me and our family for almost 2 years. I wanted to find myself and become a healthy person for myself and my kids. I have read 30 plus books on marriage, affairs, MLC(midlife crisis), self improvement.... This little book is the Best (and my favourite) book by far. Explaining how to detach yourself lovingly from a destructive husband and knowing what you can and can not change. The most helpful is how to take care of yourself physically and emotionally for yourself. How to be selfish without being self absorbed. From taking yourself off the floor from all the confidence blows to making healthy boundaries. Many chapters in the book can be applied to more than just you marriage. It's an awesome book for any woman in a relationship and how to keep yourself "healthy and happy" because that is all you have control over.

Excellent Book! If you are looking for reminders of how to take care of yourself while facing the stress of a husband going through a midlife crisis, this is the book for you! If you are looking for ways to help HIM, it is NOT! This book was a great reminder for me to take care of me. Thank you.

Very helpful for me. My husband is out of his crisis (or whatever it was) and is now back to normal. But, I loved being able to get through it by taking good care of myself while he worked it out.

I wish I had this book when I was going through this difficult time in my life. I am happy to say I eventually did most of the things recommended in this book not following any particular guidelines but God's wisdom. Great read

I am one year out of my ex-husband's MLC. But my time is now and this book is all about picking yourself up, and not feel guilty. You change what you can in yourself and one day your spouse may change back.

Straight forward...good information to help save yourself from a Mid Life Crisis man's ridiculous life killing mistakes!!

This book was awesome and spot on. As I was reading, the beginning made me cry because it was like the author knew my husband. As I kept reading, I found myself in a whole different state of mind. I was smiling and thinking positive thoughts. I will 're-read again and again when I feel like I

need uplifting.

I have read this entire book at least twice and many parts over and over! This book has given me words to hold on to and guidance to move forward when I thought no one understood. I would highly recommend this book to any woman who is in this tragic predicament!

[Download to continue reading...](#)

Detach and Survive: A Book of Self-Care for the Wives of Midlife Crisis Men Midlife Crisis
Checklists: A SELF-COACHING TOOL FOR MIDLIFE CHRISTIAN WOMEN (Self-Coaching Tools
for Midlife Christian Women Book 2) What Men Won't Tell You: Women's Guide
to Understanding Men (How to read their minds, what men want, why men cheat, why men
won't commit, why men lose interest, how to avoid rejection from men) CAT CARE:
BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care
manual, cat care products, cat care kit, cat care supplies) Self Help: How To Live In The Present
Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help
relationships, Present Moment, Be Happy Book 1) Adultery At Midlife: First Aid For Betrayed Wives
Men in Midlife Crisis Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem
and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills,
Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your
Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) How to Detach from Negative
People: While Maintaining a Positive Attitude (The Blue Rainbow Series) Hidden Blessings: Midlife
Crisis As a Spiritual Awakening It's Not A Midlife Crisis, It's An Opportunity: How to be forty- or
fifty-something without going off the rails Midlife Is Not a Crisis: Using Astrology to Thrive in the
Second Half of Life Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For
Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques
Book 4) Do You Have What it Takes to Survive in Feature Film Production?: The Construction
Department (Do You Have What it Takes to Survive in Film Production? Book 3) NAVY SEAL: Self
Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control,
Mental Toughness (Navy Seals Mental Toughness) The New Rules of Lifting For Life: An All-New
Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams
Postpartum Depression and Anxiety: How to Survive and Thrive Through Self-care Diet and Fitness
How to Survive a Flood (Prepare to Survive) How to Survive a Tornado (Prepare to Survive)

Contact Us

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)