

Passages: Predictable Crises of Adult Life

By Gail Sheehy

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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.

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Editorial Review

Review

Caring for a loved one with a chronicle illness--a parent, partner, sibling or child -- is a role no one aspires to but many of us will take on.
In her superb new book, "Passages in Caregiving", Gail Sheehy writes that someone is serving as an unpaid family caregiver in almost one-third of American households. It's a job that last an average of five years..
by Anne Colby, **LA Times**, May 22, 2010

From the Publisher
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From the Inside Flap
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Brenda Rodriguez:

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