

[PDF] Midlife Crisis At 30: How The Stakes Have Changed For A New Generation--And What To Do About It

Lia Macko, Kerry Rubin - pdf download free book



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Description:

From Publishers Weekly Successful, high-energy media professionals Macko (a CNBC producer) and Rubin (a CNN producer) sensed there was a problem plaguing women of a certain age—the early 30s. So many of them were wondering, in the midst of lives that were supposedly on track, why they

felt "so miserable." In Part One of this volume, the authors attempt to identify and label the components of 30-something angst, which include changing career parameters, the question of when (or whether) to get married and have a family, and how to find real fulfillment versus a great-paying job. Then anecdotes from real women comfort readers by helping them realize that they aren't alone in their difficult-to-define struggles. Even better, however, are the stories from well-known women in Part Two, "The New Girls Club: Your Dream of Mentors." In this section, women like Judy Blume, fitness guru Denise Austen and Senator Kay Bailey Hutchison explain how they dealt with the issues facing them in their 30s and, in many cases, tell readers how they completely re-vamped their lives to become hugely successful, personally and professionally. These triumphant stories should inspire women in their 30s, and anyone else contemplating a serious life overhaul.

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Review "As I read *Midlife at 30*, I felt a wave of relief: I'm not the only one in a panic at the doorstep of my 30th birthday! It's about time someone exposed the underside of 'having it all' and the pressure to follow in our supermoms' steps."--Rachel Simmons, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

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