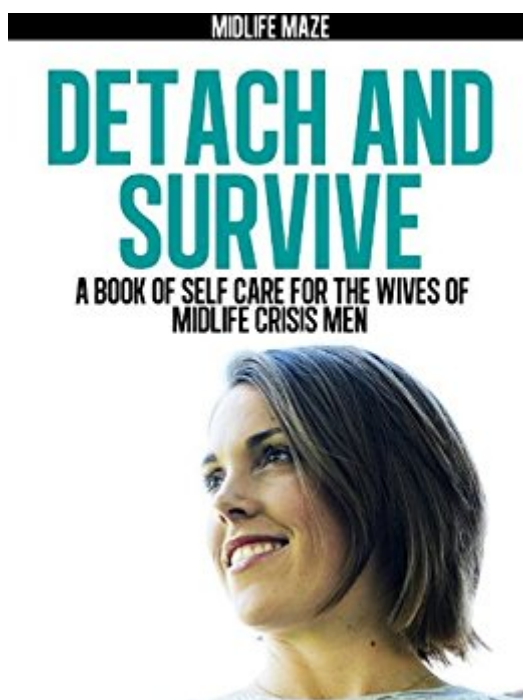


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# Detach And Survive: A Book Of Self-Care For The Wives Of Midlife Crisis Men



## 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

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## 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!

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