



Secret Paths: Women in the New Midlife

Terri Apter

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"The author of Altered Loves . . . now turns her analytical eye toward middle-aged women. The result is both lively and revealing." -- New York Times Book Review

In this groundbreaking and insightful study Terri Apter traces womens midlife course, drawing on detailed interviews with women in their forties and fifties. Apter finds that women experience a renewed sense of themselves and see the second half of life as an opportunity for psychological growth and fulfillment instead of a time of despair over lost youth and beauty.

She divides midlife women into four categories--traditional, innovative, expansive, protesting--and shows the cause for the midlife crisis and the path toward resolution for each type.



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