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pleased to hear stories of struggle and success from others. It made sense they concluded to ask Boomers themselves the best ways to manage midlife. To get a sense of common issues in midlife and possible coping strategies, they sent out a questionnaire and conducted telephone interviews to draw out more in-depth ideas. The results are found in this book, a collection of anecdotes, quotes, and wisdom from Boomers themselves. In midlife, we start to get in touch with the fact that our time on earth will not last forever and is precious. This book provides a variety of ways of looking at this fact and of thinking about the choices ahead. There are motivating stories from Boomers, some such as Pamela Wallin, known to many, brief updates from the scientific world, and interesting tidbits of information from the survey. **Manufacturers Record**, 1919. Beginning in 1956, each volume includes as a regular number the Blue book of southern progress and the Southern industrial directory, formerly issued separately.

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