



# Marriage at Midlife: Counseling Strategies and Analytical Tools

*Vincent R., Dr., PhD Waldron, Douglas L., Dr., PhD Kelley*

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"[This book] provides a perceptive, research based, and pragmatic approach to working with couples seeking reconnection after years of childrearing....Marriage at Midlife should take center stage on every counselor's bookshelf."

--**Kathleen M. Galvin, PhD**

Professor, Communication Studies,

Northwestern University

The middle period of married life-what the authors call the "centerstage"-is often the "make or break" point in a lifelong relationship. *Marriage at Midlife* provides counselors, mental health professionals, and marriage educators with the tools they need to assist couples who are experiencing the challenges of the post-childrearing years. The authors take a resilience-based approach to help couples preserve and improve long, satisfying relationships.

This book is enriched with the authors' experience with couples who have been married between 20 and 50 years. Each chapter contains an opening narrative about a real-life couple, a section identifying sources of distress, a section outlining the analytical tools needed for each challenge, and questions and exercises for clients. Throughout the book are bulleted lists with quick advice for couples on a range of topics, such as suggested shared activities or tips for managing stress.

**Learn how to help couples:**

Reinvent and deepen their marriage through improved communication Forgive past transgressions and choose new, meaningful, shared activities Adapt to midlife challenges, such as job loss, relocation, and returning to school Handle the stress of illness and caregiving Redefine relationships with "boomerang kids," adult children, and grandchildren With this book, counselors will obtain both the skills and the insight needed to help couples reimagine their relationships at this pivotal stage in their lives.

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**From reader reviews:**

Randy Johnson: This Marriage at Midlife: Counseling Strategies and Analytical Tools are generally reliable for you who want to become a successful person, why. The explanation of this Marriage at Midlife: Counseling Strategies and Analytical Tools can be among the great books you must have is usually giving you more than just simple examining food but feed an individual with information that might be will shock your before knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed ones. Beside that this Marriage at Midlife: Counseling Strategies and Analytical Tools giving you an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we realize it useful in your day action. So , let's have it and luxuriate in reading.

David Hoag: A lot of people always spent their free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a guide. The book Marriage at Midlife: Counseling Strategies and Analytical Tools it is very good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book through your smart phone. The price is not too expensive but this book features high quality.

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