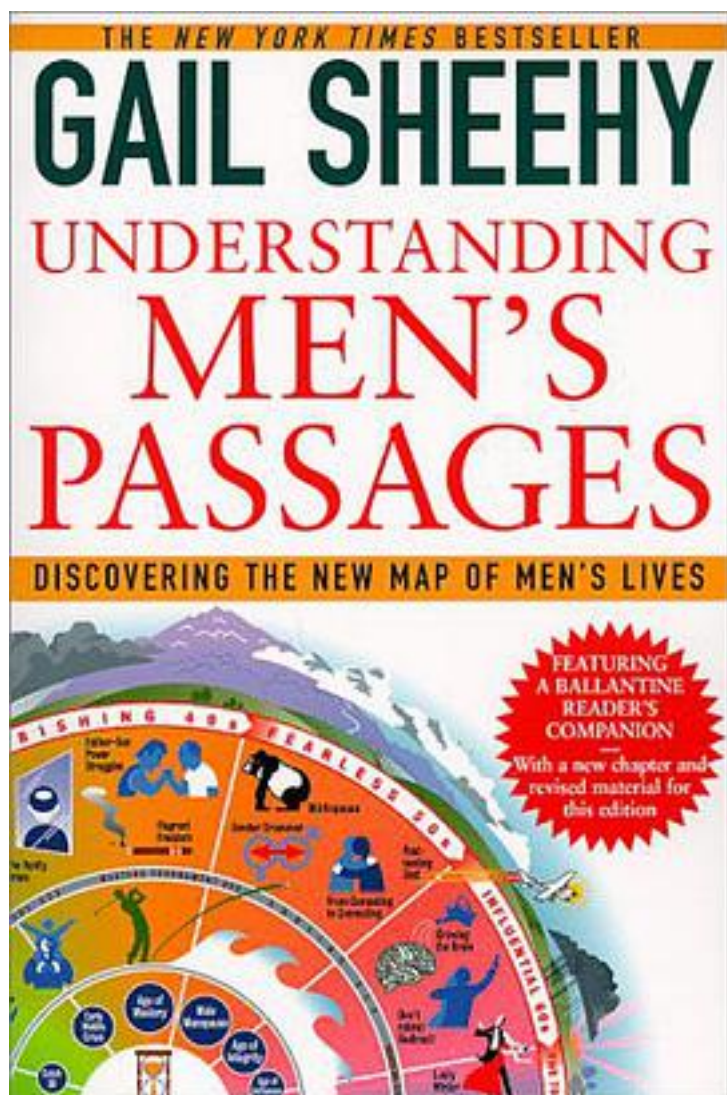


Understanding Men's Passages



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著者:Gail Sheehy

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Her stunning bestsellers *Passages* and *New Passages* brilliantly mapped the changes we live through from youth to maturity. Now Gail Sheehy guides contemporary men through the turbulent challenges and surprising pleasures that begin at forty. As a man crosses that threshold, he is bound to ask midlife's most troubling question: Now what? Work anxieties, concerns over sexual potency, marital and family stress, issues of power, all take on new urgency as men contemplate the decades ahead. But as Gail Sheehy reveals in this major new book, midlife is precisely the period when men are most likely to reinvent themselves and become masters of their fate. In *Understanding Men's Passages*, Sheehy offers all men--and the women in their lives--an essential guide to self-discovery.

Hundreds of bold, imaginative men--celebrities as well as everyday heroes--share here their most intimate desires, deepest fears, and most fervent cravings for renewal. Decade by decade, Sheehy uncovers the real issues facing men today: finding new passion and purpose to invigorate the second half of their lives, dealing with "manopause," surviving job change, enjoying post-nesting zest, defeating depression, and learning what keeps a man young.

Informative and inspiring, grounded in fact and full of fascinating life stories, *Understanding Men's Passages* is a landmark that will take its place beside Gail Sheehy's epoch-making *Passages* and *New Passages*.

作者介绍:

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标签

成长

评论

很惊讶教授居然把其中部分章节选来作为辅助阅读。虽然很多结论来自采访，可是显然作者非常有意识地筛选了对象。作为女人，我读到了满章的stereotype和所谓的“人生轨迹”和“模式”。于是好奇男人看到这些精心规划的，已婚多金事业成功男士谈论人生阶段并扩展为普遍规律时，心里能否认同。

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书评

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