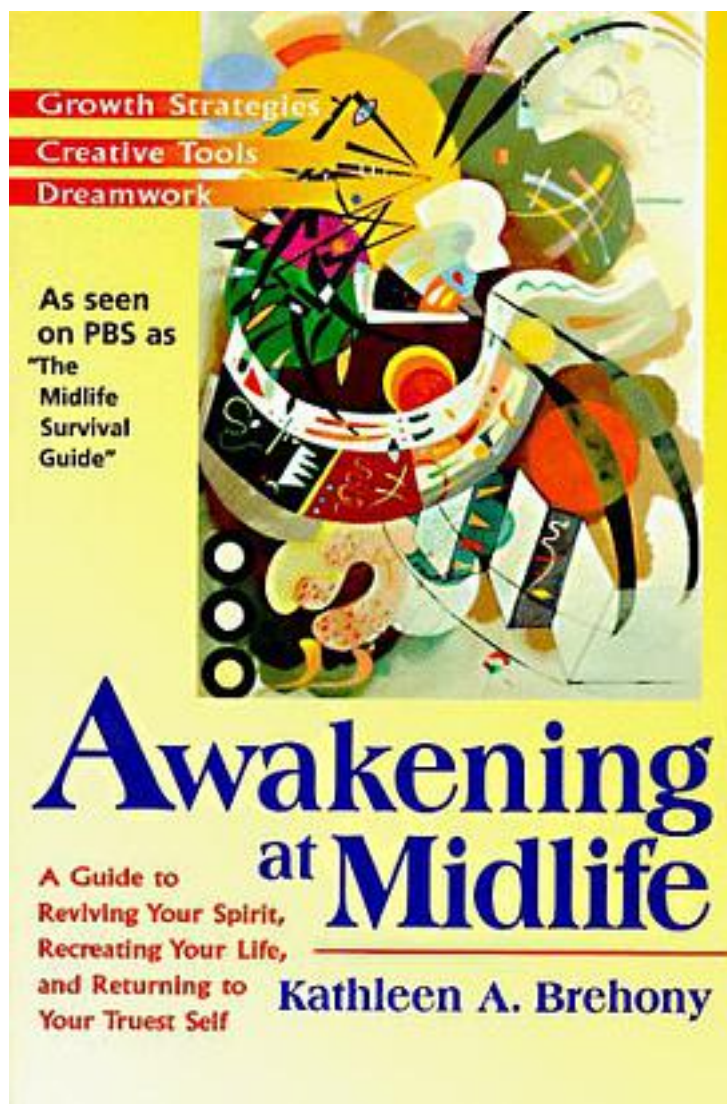


Awakening at Midlife



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A guide to reviving your spirits during midlife offers special sections on recovering childhood dreams, enriching creative expression, learning to appreciate our physical selves, heightening consciousness, and much more. Reprint. K.

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