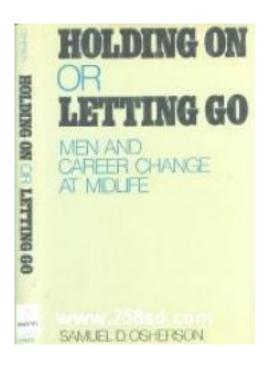# Holding on or Letting Go: Men and Career Change at Midlife

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著者:

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What are the causes of the much discussedmale midlife
 crisis?Is age the only determining factor7
 Whyand in what waysdo questions of selfimage and life
 goals reassed themselves at midlife?
 How do individuals adaptor fail to adaptto the midlife pas
 sage--and to the dramatic career changes that often emerge
 from it?
 In this probing analysis of a group of lawyersengineersaca-
 demicsand businessmen who left established professions to
 pursue careers in the creative artsSamuel Osherson goes be-
 yond simplistic explanations of the midlife crisisThe book
 places the radical career changes of these men squarely in the
 context of their total life situations and adult developmental ex-
 periences

Osherson found that all of the men had undergone selfreveal-
 ing experiencesbut they differed in the degree to which they
 listened and responded to these experiencesDrawing on a
 careful ly worked out model of adult developmentthe author ex-
 plains why some people confidently confront changes in their
 lives while others seem to be less able to experience transition
 Richly illustrated with excerpts frOm interviewsHolding On or
 Letting Go links the tasks and challenges of midlife with those
 of other points in the life cycleOshersonS original and sophis-
 ticated analysis illuminates the crucial factors--career selec-
 tionmarital choiceparental relationshipsand adolescent ex-
 periences--underlying the difficult questions that are posed
 anewwith increased urgencyat m Jdl ife

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