



Secret Paths: Women in the New Midlife

Terri Apter

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"The author of *Altered Loves* . . . now turns her analytical eye toward middle-aged women. The result is both lively and revealing." --*New York Times Book Review*

In this groundbreaking and insightful study Terri Apter traces womens midlife course, drawing on detailed interviews with women in their forties and fifties. Apter finds that women experience a renewed sense of themselves and see the second half of life as an opportunity for psychological growth and fulfillment instead of a time of despair over lost youth and beauty.

She divides midlife women into four categories--traditional, innovative, expansive, protesting--and shows the cause for the midlife crisis and the path toward resolution for each type.

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