



# Midlife Check-In: Who Am I Really?: A Guide to Deepening Your Sense of Self in Midlife and Beyond

*Ed.D MarthaElin Mountain*

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# Midlife Check-In: Who Am I Really?: A Guide to Deepening Your Sense of Self in Midlife and Beyond

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## **Midlife Check-In: Who Am I Really?: A Guide to Deepening Your Sense of Self in Midlife and Beyond**

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MIDLIFE CHECK-IN: Who Am I Really? "For the gift of clarity, give yourself Midlife Check-In. Packed with hundreds of insights, poignant strategies, and thought-provoking exercises for women (and men) during midlife and beyond" -Marion Gellatly, AICI CIM "This book is infused with great insight, practical wisdom, and valuable tools for the journey" -Tere Lindsey, Ph.D., Educational Psychologist "An ideal book to facilitate the process of self-discovery for individuals, support groups, book groups, and clinicians" -Virdette Brumm, Ph.D., Neuropsychologist "Welcome relief to the futile grasp at perpetual youth. Midlife Check-In ignites excitement about this pivotal stage of life" -Jennifer Allen, MFT, ATR-BC. Psychotherapist, Art Therapist "This timely, astute, and practical guide helps us to reach deep inside... to find our timeless essence, the Self" -Lynne Ehlers, Ph.D., Clinical Psychologist A gem of a book! Midlife Check-In reveals the midlife path, not by the telling but by direct experience. Dr. Mountain will lead you on your personal and unique path. Enjoy and thrive" -Stephanie Taylor, M.D., Ph.D. Guaranteed to point you to your True North in midlife and beyond" -Mary Jeanne Vincent, Career Expert and Strategist SPECIAL FEATURES; Midlife Checklist©; What's Normal? What's Not? ; 70+ self-assessments & exercises; Comprehensive Midlife Glossary; Therapist's Guide; The Midlife Brain; 3 midlife phases in detail; Extensive book and film lists; Therapist's Guide (photo) MarthaElin Mountain, Ed.D., M.A., MFT is a Jungian-based psychotherapist whose primary interest is the mind-body-spirit-relationship to emotional healing and personal transformation. Dr. Mountain is an experienced midlife traveler; she has witnessed the search for identity, meaning, and purpose from a front-row seat. MarthaElin lives with her husband and black-and-white cat on California's Central Coast where she maintains a private practice.

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