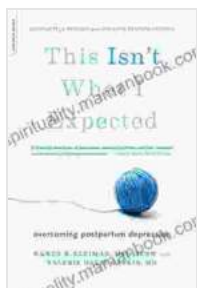


# This Isn't What I Expected, 2nd Edition: Finding Clarity and Direction in Midlife and Beyond



## This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression by Karen R. Kleiman

★ ★ ★ ★ ☆ 4.6 out of 5

Language	: English
File size	: 768 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 338 pages

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### Are you in midlife and feeling lost, uncertain, or unfulfilled?

If so, you're not alone. Many people in midlife find themselves at a crossroads, wondering what's next for them. They may have achieved success in their career, but they're not sure if it's still what they want to do. They may have a loving family, but they're feeling disconnected from them. They may have everything they've ever wanted, but they're still not happy.

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### This book will help you:

- Identify your core values and passions

- Create a vision for your future
- Develop a plan to achieve your goals
- Make positive changes in your life

**The book is based on the latest research on midlife development and provides practical advice and exercises that can help you find clarity and direction in your life.**

The book is divided into three parts:

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2. **Part Two: Finding Your Path**
3. **Part Three: Taking Action**

In Part One, you'll learn about the challenges and opportunities of midlife. You'll also learn how to identify your core values and passions. In Part Two, you'll create a vision for your future and develop a plan to achieve your goals. In Part Three, you'll learn how to make positive changes in your life and overcome the obstacles that may stand in your way.

**This Isn't What I Expected, 2nd Edition is a must-read for anyone who is in midlife and looking for clarity and direction.**

The book is full of practical advice and exercises that can help you find your path and create a more fulfilling life.

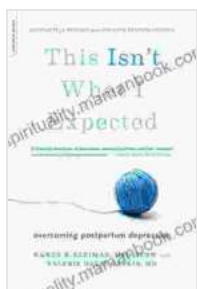
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favorite bookstore.

## About the Author

Dr. Lois Frankel is a licensed psychologist and certified life coach. She has over 25 years of experience helping people find clarity and direction in their lives. Dr. Frankel is the author of several books, including *This Isn't What I Expected* and *The Midlife Transition: A Guide to Growth and Renewal*.



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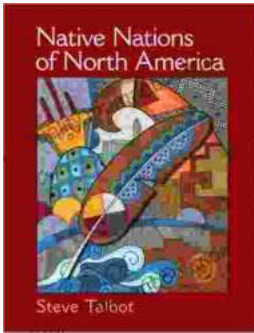
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