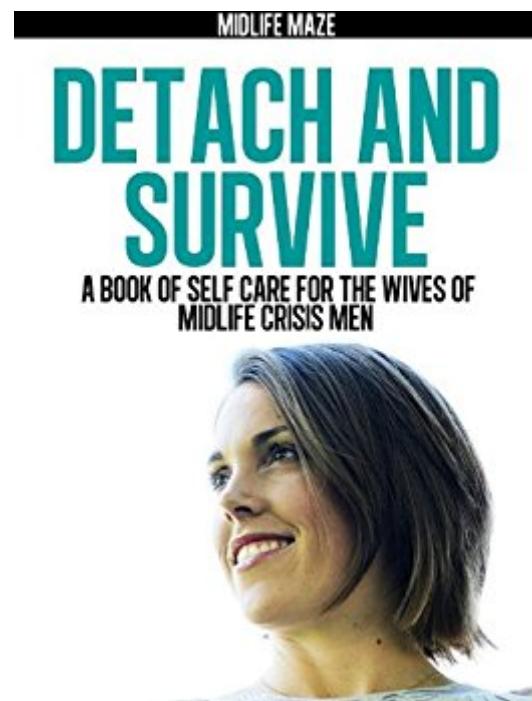


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# Detach And Survive: A Book Of Self-Care For The Wives Of Midlife Crisis Men



## **Synopsis**

When your husband is going through a midlife crisis it can feel as though your whole world is falling apart, as though you yourself are falling apart. You may fall into the trap of trying to "fix him" or "fix" your marriage. Unfortunately you can't fix him and, despite many claims to the contrary, you can't fix this marriage all by yourself either. All you can really do is take care of yourself. This little book aims to help you get through this difficult time by focusing on yourself, taking care of your own wants and needs and letting go of that which you cannot control. If you are looking for a book to help you understand the Midlife Crisis Man or to tell you what you can do to attempt to save your marriage, then *Detach and Survive* is NOT the book for you. However, if you are ready to start taking care of yourself and want to survive his crisis with a little self respect and not destroy yourself in the process. If you are ready to take responsibility for that which you can control and let go of that which you can't, then buy this book. Learning to Detach and Survive can help you through.

## **Book Information**

File Size: 193 KB

Print Length: 74 pages

Simultaneous Device Usage: Unlimited

Publisher: Midlife Maze; 1 edition (April 25, 2012)

Publication Date: April 25, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007XUDJVW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #100,421 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33

in Books > Self-Help > Mid-Life #74 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Divorce #82 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Parenting & Relationships

## **Customer Reviews**

I'm a wife of a MLC husband whom I love very much and was caught completely off guard by his

crazy and destructive behavior. I have been struggling with deep anger and resentment for what he has done (or not done) and how he has treated me and our family for almost 2 years. I wanted to find myself and become a healthy person for myself and my kids. I have read 30 plus books on marriage, affairs, MLC(midlife crisis), self improvement.... This little book is the Best (and my favourite) book by far. Explaining how to detach yourself lovingly from a destructive husband and knowing what you can and can not change. The most helpful is how to take care of yourself physically and emotionally for yourself. How to be selfish without being self absorbed. From taking yourself off the floor from all the confidence blows to making healthy boundaries. Many chapters in the book can be applied to more than just you marriage. It's an awesome book for any woman in a relationship and how to keep yourself "healthy and happy" because that is all you have control over.

I would not recommend reading this book during the first few weeks of your heartache. Some of the things are tough to hear or to read. It is a good book for a few months into your situation; seperation, divorce, MLC hell, etc. Lot's of great advice.

Super Book, really hits home when your significant other is going off the deep end and you need to step back and gain control over your life. Good advice, written by someone who actually has been there but didn't come out the other side bitter.

Author provides insight into the stresses of being married to the cliche midlife crisis husband. Although many different variables of a wife's situation exist, the centralizing she makes is that whatever the man is going through, it's his journey, not yours. If you hope to survive with yourself intact, you must stop trying to fix him and enable his behaviors by compensating or making excuses for him. Only be having to come face to face with himself, will he be able to truly decide if he wants to remain with his wife. In the meantime, wives need to nurture themselves and not allow his issues to overshadow themselves. By making yourself strong and independent, you insure that if he comes back, you will still be you, or better. And, maybe you find something's about yourself that you don't want or need him anymore, it becomes your choice.

It's important to surround yourself and read as much as you can to remind you to keep the focus on yourself and when you feel like your slipping into problem solving read some more. This book refocused my attention me. I have to read a lot of material to keep my anxiety over not forcing a solution with my problem and keep my mind on the fact that GOD knows what's best for me my way

has only brought me pain. I deserve better.

Excellent Book! If you are looking for reminders of how to take care of yourself while facing the stress of a husband going through a midlife crisis, this is the book for you! If you are looking for ways to help HIM, it is NOT! This book was a great reminder for me to take care of me. Thank you.

This was the best tool for dealing with the blindside divorce request from my selfish, mid life crisis husband. Nothing I did or said could change him. Once these men flip that switch, they rarely return to the loving husband they once were. It was as if an alien abducted my husband. I do not know this man nor do I want to know him. I have read just about every resource there is online about mid life crisis husbands. The statistics of them coming around is nil. Some sites promote "standing" where a wife detaches but stays faithful and works on themselves, all with the hope the MLC husband returns. Don't do it! The best decision I made was to full detach, garner the attention of a few hot younger men, do things for me I would never have done with that jerk of a husband, i.e. travel, buy designer clothes, handbags, and shoes, get "touch-up" plastic surgery, get new pets, etc. All of the women I met online and in real life who waited around for these men got nothing in the end but wasted time and disappointment. Take hold of your lives. Lose some weight, get a little plastic surgery or fillers, eat right and exercise, have some good sex but don't engage in a relationship, and do all the things you wanted to do and buy the things you wanted to buy. Your husband is being a selfish ass. You need to do the same. Send a message to him that you will NOT tolerate his behavior. Get a divorce and do not waste a minute on being separated to him. I will have to pay an extra \$350 a month for my health insurance after my divorce but it is so much better than relying on him for insurance. I may even go back to my maiden name! You will become a beautiful, empowered woman who won't take crap from no one. He will eventually deeply regret the decisions he made but you will have moved on and the last laugh will be on him.

This book gave me a lot to think about. In the midst of dealing with my husband's MLC and abandonment, it gave me back some sense of power. I wish the book had been longer. I will be reading it a second time. I still have a long way to go but I think this book has me headed in the right direction.

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