

So, you've found your career, got married, bought your home and had kids. Life is great; you are happy, and everything just seems to fit into place. Then your **perfect Utopia** starts to **fall apart**. The life that was once full of promise, hope and ambition, has gone. You've reached the summit and the panoramic view is not what you expected! The storm approaches and you panic. **Worry, fear, and stress** fill your mind. Congratulations you have reached the Nirvana of a **MIDLIFE CRISIS!!**

This book is an honest reflection of life according to a **dreamer**. Somebody who's **lost** his way. A person who has it all, yet, has nothing. Who has become **excluded** from society; has so much to give yet feels so **empty** and **hopeless**. A story of living life with **depression**. The highs and lows of a family man just trying to make it in life. The ultimate guide to a **fragile mind** in **Mid-life crisis** fighting:

sex addiction, periods, the menopause, marriage conflict, parenting, finance, family, divorce and affairs