

WTF I'M HAVING A

MIDLIFE CRISIS

I'M FAILING IN LIFE

So you've found your career, got married, bought your home. Life is great, you are happy and everything just seems to fit into place.

Then all of a sudden your perfect Utopia starts to fall apart. The life that was once full of promise, hope, and ambition, is now starting to fall apart. You've reached the summit and the panoramic view is not what you expected! The storm approaches and you panic. Worry, fear, and distress fill your mind. Congratulations you have reached the Nirvana of a MLC!

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. Someone who has lost his place in society, has so much to give, yet feels so empty and hopeless inside. 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, Divorce, and Affairs.



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a self help memoir
by

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