



Midlife Clarity: Epiphanies From Grown-Up Girls

Cynthia Black, Laura Carlsmith

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A woman's wisdom is one of the Earth's greatest natural resources. With a perspective that only a certain number of years on Earth can bring, the thirty-two women in *Midlife Clarity* show that midlife can be a release of our true self, a chance to be free of others' expectations, and a time to inventory our blessings.

With personal anecdotes, essays, short poetry, and plenty of humor, *Midlife Clarity* focuses on issues common to every woman. Whether the topic is men, self-discovery, death, or struggle, each woman finds those small moments of satisfaction and joy that, after all, are what life is all about. Their midlife musings are at once basic and sublime, obvious and profound, individual and global. They inspire us to welcome change in our own lives with the same humor, grit, and strength.

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