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Women over 50: Psychological Perspectives

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Women over 50: Psychological Perspectives

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This book analyzes the challenges, benefits, coping strategies, problems, and accomplishments associated with the midlife experience of women. Ten chapters present the state of research (and correct longstanding myths) regarding significant aspects of middle-aged women's lives. The book bridges a major knowledge gap in the feminist-psychology literature. It balances optimism and realism about older women’s lives – and younger women’s futures.

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