

Marriage at Midlife: Counseling Strategies and Analytical Tools

By Dr. Vincent R. Waldron PhD, Dr. Douglas L. Kelley PhD

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[This book] provides a perceptive, research based, and pragmatic approach to working with couples seeking reconnection after years of childrearing....Marriage at Midlife should take center stage on every counselor's bookshelf."

--**Kathleen M. Galvin, PhD**

Professor, Communication Studies,

Northwestern University


The middle period of married life-what the authors call the "centerstage"-is often the "make or break" point in a lifelong relationship. *Marriage at Midlife* provides counselors, mental health professionals, and marriage educators with the tools they need to assist couples who are experiencing the challenges of the post-childrearing years. The authors take a resilience-based approach to help couples preserve and improve long, satisfying relationships.

This book is enriched with the authors' experience with couples who have been married between 20 and 50 years. Each chapter contains an opening narrative about a real-life couple, a section identifying sources of distress, a section outlining the analytical tools needed for each challenge, and questions and exercises for clients. Throughout the book are bulleted lists with quick advice for couples on a range of topics, such as suggested shared activities or tips for managing stress.

Learn how to help couples:

Reinvent and deepen their marriage through improved communication Forgive past transgressions and choose new, meaningful, shared activities Adapt to midlife challenges, such as job loss, relocation, and returning to school Handle the stress of illness and caregiving Redefine relationships with "boomerang kids," adult children, and grandchildren With this book, counselors will obtain both the skills and the insight needed to help couples reimagine their relationships at this pivotal stage in their lives.

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Editorial Review

This book can make a difference in people's lives. I value and applaud Dr. Kelley's and Dr. Waldron's use of their extensive knowledge, experience, and insight to write a book that empowers people to take charge of their marriage at mid-life (and in reality, this book would help married couples of all stages) through communication. The authors use accessible language, clear examples, and offer pragmatic advice for couples and for marriage counselors working with married couples. This book is timely and necessary. --**Maureen Keeley**, PhD Professor, Dept. of Communication Studies, Texas State University From the Back Cover ""[This book] provides a perceptive, research based, and pragmatic approach to working with couples seeking reconnection after years of childrearing....Marriage at Midlife should take center stage on every counselor's bookshelf." --Kathleen M. Galvin, PhD Professor, Communication Studies, Northwestern University The middle period of married life-what the authors call the ""centerstage""-is often the ""make or break"" point in a lifelong relationship. "Marriage at Midlife" provides counselors, mental health professionals, and marriage educators with the tools they need to assist couples who are experiencing the challenges of the post-childrearing years. The authors take a resilience-based approach to help couples preserve and improve long, satisfying relationships. This book is enriched with the authors' experience with couples who have been married between 20 and 50 years. Each chapter contains an opening narrative about a real-life couple, a section identifying sources of distress, a section outlining the analytical tools needed for each challenge, and questions and exercises for clients. Throughout the book are bulleted lists with quick advice for couples on a range of topics, such as suggested shared activities or tips for managing stress. Learn how to help couples: Reinvent and deepen their marriage through improved communication Forgive past transgressions and choose new, meaningful, shared activities Adapt to midlife challenges, such as job loss, relocation, and returning to school Handle the stress of illness and caregiving Redefine relationships with ""boomerang kids,"" adult children, and grandchildren With this book, counselors will obtain both the skills and the insight needed to help couples reimagine their relationships at this pivotal stage in their lives. "

About the Author

Vincent R. Waldron is a Professor of Communication Studies (College of Human Services) at Arizona State University, where he is also affiliated member of the gerontology faculty. Douglas L. Kelley is an Associate Professor of Communication Studies (College of Human Services) at Arizona State University, where he teaches courses such as Family Communication, Inner-City Families, Communication in Personal Relationships, and Conflict Management. Users Review

From reader reviews:

William Chapman:The book Marriage at Midlife: Counseling Strategies and Analytical Tools give you a sense of feeling enjoy for your spare time. You can use to make your capable more increase. Book can to get your best friend when you getting pressure or having big problem along with your subject. If you can make reading a book Marriage at Midlife: Counseling Strategies and Analytical Tools to be your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about many or all subjects. You are able to know everything if you like start and read a reserve Marriage at Midlife: Counseling Strategies and Analytical Tools. Kinds of book are several. It means that, science reserve or encyclopedia or other people. So , how do you think about this publication?

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