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# Midlife Crisis Checklists: A SELF-COACHING TOOL FOR MIDLIFE CHRISTIAN WOMEN (Self-Coaching Tools For Midlife Christian Women Book 2)



## Synopsis

This Midlife Crisis Checklist is designed to supplement the book "16 Essential Steps to Help You Walk through Your Midlife Crisis." These checklists can be used alone or with the main book. There is a brief introduction of each list, and each list is followed with a suggested exercise. These self-assessment checklists are designed to help the Christian woman make sense of midlife-crisis-type feelings.

## Book Information

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