

Breaking Point:: Why Women Fall Apart and How They Can Re-create Their Lives

Martha Beck



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Breaking Point:: Why Women Fall Apart and How They Can Re-create Their Lives Martha Beck Much as Gail Sheehy did in Passages, Dr. Beck articulates a common signpost in women's lives, explaining the five stages which characterize how women arrive at their breaking point, how their age defines their experience, and how they can transcend crisis and move on to redefine their lives.



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