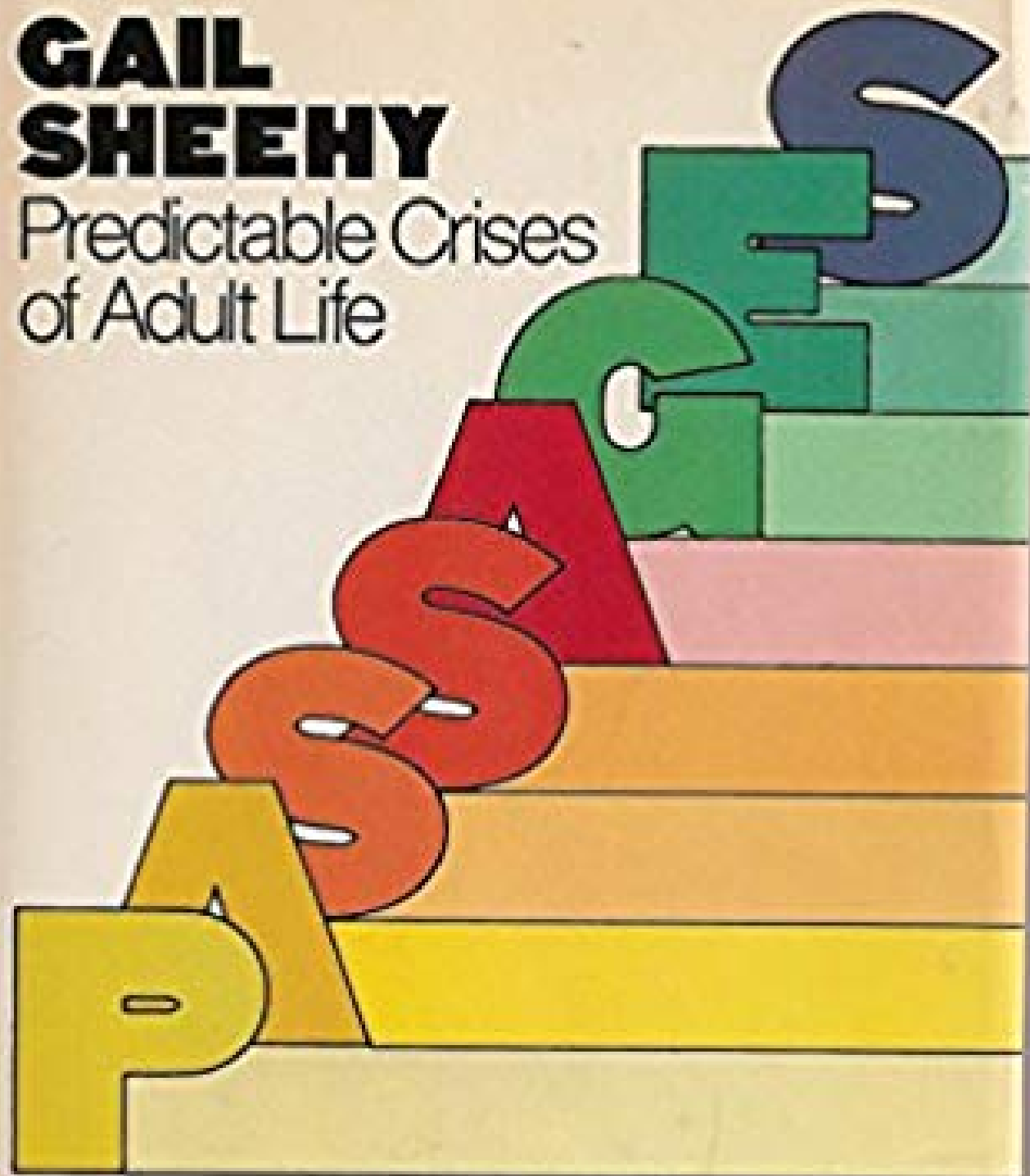


**GAIL  
SHEEHY**

Predictable Crises  
of Adult Life



Gail Sheehy

## Passages: Predictable Crises of Adult Life



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Identifies patterns of age-related alter and compares the developmental rhythms of women and men, deepening knowledge of the stresses experienced by couples through the various stages of adult life



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Book from my past I had read *Passages* 20 years ago, then donated it to a library. From then on, I regretted not having it when I talked with friends about the transitions in adult existence. The last period I acquired that regret, I happily remembered that I possibly could purchase used books conveniently on Amazon, so I got two copies. This book addresses all those thoughts we have and think no-one else could possibly think this! What's so special about this reserve is that it accumulates where various other books end. There are thousands of books about infants, small children and teenagers. I did appreciate the idea that while there are so many books about child development, the subject of adult advancement is relatively unexplored. Nevertheless, after we are adults, we appear to believe we are static. *Passages* describes the standard growth throughout existence. I believe it's helpful no matter what your age, but specifically for a youthful person to bolster being delicate to others' journeys. Go through it too late to change things in my lifestyle, as I am a senior citizen, but as I go through it I sensed she had been a silent observer in stuff that I did. It affirms that we are changing our own priorities and it can help us to observe how our needs and the ever changing needs of our offspring can complement one another. I was bowled over, because I had begun to realize how different I was at different ages, going right through obvious changes, every a decade or so. Brilliant, well-researched and readable - understand where you were and where you're heading!! Maybe most of all, we are reminded that their focus on their own professions and children right whenever we crave more intimacy with them is usually normal and healthy. Amazing read. At the time it was first published in the 70's, I thought it had been brilliant, and on top of that, reassuring. I was in my early 30's then, and the book really gave me expect my future. I read this when it had been first published.). I was thrilled when Gail Sheehy actually came out with a follow-up publication about what lifestyle is like in our 50's and 60's. The 'generic lifestyle cycles' was understandable and useful..This book is especially encouraging for parents of adult children. Essential read for girls and young females before they attach themselves to a male and fail to find out who THEY are supposed to be and how to proceed with the only lifestyle they are given. Give this publication to a 7th or 8th grader and older so they can reach their complete potential. I known as these levels "Plateaus", and felt so validated in my knowing of these stages. Essential read for all age groups! Wow! I bought this book for my child, who at 36 yrs!! *Passages* was the first book I ever browse that set out the various "passages" that people proceed through as we begin to mature. One is definitely to lend and one is certainly to keep!. As a therapist, I really like how deeply the author goes into developmental stages of adults with reference to Erik Erickson and several other know professionals! The 'generic existence cycles' was understandable and useful. I found myself reading passages to my significant other and he actually wished to hear them! General, it was a long slog filled with disjointed anecdotes. That one and her *Passages for ladies* "the Silent Passage" had been very helpful in understanding many things in my own life. Lost a whole lot of books in the 80's and today I am getting some back. If you would like to understand what on earth has been happening for you and those you know - in a way that clears up so much confusion, browse this book - it's timeless! I bought this publication for my child, who at . A Must Read I LOVED this book! Five Stars Very great This book was like talking to myself at age 20, then 30, and today 40! is finally needing to accept even more responsibility and asked some questions. I browse the book about 40 years ago and remembered it. I say that is worth 5 stars An excellent, helpful read I read this mainly because a mid-teen when it came out and sent it to a friend simply because he entered the Naval Academy. It is comforting to see, for example, that most people have to earnestly reassess their goals within their 40's. I have to say I have continued to be very alert to these passages, which appear to occur approximately every 10 years roughly (I'm a year away from turning 80, and it's still happening! The ideas and case stories were so dated, I came across myself picturing *Mad Men* characters to go with them... I read this when it had been first published. I purchased it for my girl hoping it might give her direction. Some good insights, but very dated I actually've heard this reserve recommended many times over the years and finally made a decision to read it in 2018 as I approached 40. Timeless This book refreshed me: reading stories of others facing the same patterns, and focusing on how these patterns comprise an essential part of our culture. Very helpful A great help know why and what's to come! I obtained some good insights from the book, but they were few and far between. I had gotten this book when it first arrived in the 70's. I . We fully understand that growth is an activity and that, whilst every person is exclusive, there are commonalities in advancement. As a gen-Xer though I acquired a hard time relating to any of it, and I imagine Millennials will see it even

more out of contact with current lifestyles..



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