

# HERE IN THE MIDDLE

STORIES OF LOVE, LOSS, AND CONNECTION  
FROM THE ONES SANDWICHED IN BETWEEN



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## Here in the Middle: Stories of Love, Loss, and Connection from the Ones Sandwiched in Between



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But it may also be a time filled with basic pleasures, deeper connections, and settling into our very own skin. Often instances, they are the years whenever we are pulled in multiple directions, with the desires of our career, marriage, children, aging parents, and friendships all taking a toll on our hard work. The center years of life are ones of tremendous joy and uncharted challenges. *WITHIN THE CENTER* is a assortment of essays that gives voice to the complexity of the middle place, sandwiched between love and reduction, with thirty-two authors sharing their stories, plus a piece of their heart and soul, so that readers will get acceptance, solace, and understanding.



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Each story is heart warming. I actually am a middle-aged ladies coping with my aging parents . Would make a great gift for those who find themselves in this "sandwich generation".. It'll speak to anyone who is in "the center" -- with kids growing up faster than we are able to believe, and parents needing us in entirely different ways than we were prepared for. It was thought-provoking, and really beautiful and moving too. The essays are first class." and really beautiful and moving too As a girl just a couple months from 40, this book really hit house. I highly recommend it! I actually am a middle-aged women coping with my aging parents and navigating their treatment with my siblings. It is an emotional roller-coaster and the folks that have contributed to the book "obtain it. So many people are having similar experiences and it was so helpful to understand that I am not by yourself in my experience to be in this care-taking role. Reading this reserve has helped me experience more normal when everything around me is usually feeling crazy." Thank you so much for creating this body of work. Within the Middle We learn from hearing the tales of our fellow human beings; this book can be teaching me about balance, leaning toward both sides of the equation and being gentle with myself as I journey here in the center. While I shed plenty of tears, I also discovered incredible pleasure, peace, and reassurance concerning this stage in life. Great anthology for all those in the "sandwich generation".. Four Stars Great read, most evident to life. Highly recommended for all those "in the middle". Stories that contact you and talk with the struggles of life Five Stars What a wonderful collection of essays. An excellent read!Great browse and great gift A moving and beautiful tribute to the functions of parents and children and the complicated moment in life when functions start to change. An excellent read! Wonderful Collection! When I began scanning this collection of essays on the subject of the authors' encounters with aging parents, I braced myself for the heartache, the tears, the loss and emptiness. A must read! Within the Middle gives a beautiful view into the complexity of end-of-life relationships. Highly recommended.



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