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Lia Macko, Kerry Rubin

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#1027709 in eBooks 2004-03-16 2004-03-16 File Name: B008FGU700 | File size: 39.Mb

Lia Macko, Kerry Rubin : Midlife Crisis at 30: How the Stakes Have Changed for a New Generation-And What to Do about It before purchasing it in order to gauge whether or not it would be worth my time, and all praised Midlife Crisis at 30: How the Stakes Have Changed for a New Generation-And What to Do about It:

0 of 0 people found the following review helpful. Refreshing! By MissJFoxx This book has done a good job of

researching and analyzing what happens to women around 30. It was a very inspiring book and gave many testimonies of women who reached a point in their life where they were satisfied and decided to make drastic changes. I find the book a must read for anyone who has no one to talk/relate to about their "mid-life crisis". It made me feel better knowing other women have been in a similar situation around age 30 and went on to launch powerful businesses, started families, and balanced out every category in their life- while they created their own definition for themselves "I can have it all" and what does that look like as an individual? 6 of 6 people found the following review helpful.

thought provoking and encouraging
By Eisensmith F. I am at 34 year old business owner with a two year old struggling with how to find balance. It has been a great reminder that being home with my kids doesn't have to define my entire life. Also, I am lucky to have the flexibility of being self-employed, now it's time to take it to the next level. Sadly, I haven't seen much cultural or political change in the decade since this book was published, I sincerely hope things will be different for my daughter and I will do my best to instill realistic ideals about life, love and happiness.

30 is the New 50...
By Jill Clardy My daughter, not yet 26, suggested that her Mom, not yet 55, should read the book to understand some of her concerns and issues. I laughed when she said the words "mid life crisis", although now that I think back nearly 3 decades and recall that at 26, I was seriously questioning my life's path also. I raced through the book in one weekend as if it were a homework assignment. The authors struck a chord with their comments on the lessons that we Baby Boomer moms taught our daughters: "Anything is Possible", "You Can Have it All", "Waiting to Marry is the Divorce Insurance Policy", etc. We feminists burned our bras, rallied for change in the corporation, assaulted the glass ceiling, brought home the bacon and fried it up in the pan. But not all of us had it all, and the unachievable goal of having a Perfect Life has created Alpha Moms, Martha Stewart-esque Domestic Goddesses, pervasive anxiety, and, according to the authors, melt-down among this striving generation. Achieving education, career, marriage, and children doesn't happen for everyone at the right time in a strictly linear fashion (or at all).

Part One of the book defines why this generation is so stressed, redefines the new glass ceiling, discusses how "happily ever after" needs to be revised, and describes how all of this change is affecting men. This section of the book was most useful and interesting to me, and can best be summed up by "each woman will have her own definition of having it all". Part Two offered profiles of successful women at 30 and later in life, with the suggestion that their experiences could be used as a sort of virtual mentoring. The subjects of the profiles were many high-achieving women in medicine, publishing, entertainment, politics, law and business. While the stories of each woman's journey through career, marriage and children (or the decision to not have children) were interesting, laudable and inspirational, they didn't seem particularly applicable to the typical middle-class young woman. There just isn't enough room at the top for every striving young woman to find a place there. The value of this book will be its contribution to the ongoing dialogue that young women need to have among themselves, with their spouses and bosses, (and even with their Baby boomer moms...), to help them chart a course to success and happiness through the years that are filled with challenges and choices.

At 30... Former vice-presidential candidate Geraldine Ferraro was a stay-at-home mother. Founder and CEO of Oxygen Media Geraldine Laybourne was working at a public interest think tank for teachers. Political strategist Mary Matalin was a first-year law student--and about to drop out. And months prior to her thirtieth birthday, financial strategist and best-selling author Suze Orman was working as a waitress, making \$400 a month. Decades later, these Boomer women and many others have reached the pinnacles of their professions. So why do Gen-X/Y women feel such pressure to have the perfect career, body, husband, and kids by the time they are at or around 30? Why has 30 become such a make-or-break moment? As the generation that came of age after the most visible glass ceilings had been broken, Gen-X/Y women were raised to believe in futures without limitations. Yet, as journalists Lia Macko and Kerry Rubin reveal in their fascinating investigation, many women have distorted the well-intentioned empowerment messages of their youth and are quietly blaming themselves when they fail to overcome the very real obstacles that still exist in our society. Though many Gen-X/Y women are hitting the same roadblocks at the same time, instead of questioning what's wrong with the system--as Boomer women did in their twenties--they're questioning their own "choices." Searching for solutions, Macko and Rubin have enlisted the aid of the New Girls' Club, a group of successful, satisfied women who've lived through their own crossroads moments, earned their battle scars, and now share their stories and strategies. While today's young women may indeed be a generation in the middle of a Midlife Crisis at 30, they now have a dream team of mentors to help guide them through it.

From Publishers Weekly Successful, high-energy media professionals Macko (a CNBC producer) and Rubin (a CNN producer) sensed there was a problem plaguing women of a certain age--the early 30s. So many of them were wondering, in the midst of lives that were supposedly on track, why they felt "so miserable." In Part One of this volume, the authors attempt to identify and label the components of 30-something angst, which include changing career parameters, the question of when (or whether) to get married and have a family, and how to find real fulfillment versus a great-paying job. Then anecdotes from real women comfort readers by helping them realize that they aren't alone in their difficult-to-define struggles. Even better, however, are the stories from well-known women in Part Two,

"The New Girls Club: Your Dream of Mentors." In this section, women like Judy Blume, fitness guru Denise Austen and Senator Kay Bailey Hutchison explain how they dealt with the issues facing them in their 30s and, in many cases, tell readers how they completely re-vamped their lives to become hugely successful, personally and professionally. These triumphant stories should inspire women in their 30s, and anyone else contemplating a serious life overhaul. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Idquo;As I read Midlife at 30, I felt a wave of relief: I'm not the only one in a panic at the doorstep of my 30th birthday! It's about time someone exposed the underside of 'having it all' and the pressure to follow in our supermoms' steps.rdqquo; ?Rachel Simmons, author of Odd Girl Out: The Hidden Culture of Aggression in GirlsFrom the Inside FlapAt 30 ...Former vice-presidential candidate Geraldine Ferraro was a stay-at-home mother. Founder and CEO of Oxygen Media Geraldine Laybourne was working at a public interest think tank for teachers. Political strategist Mary Matalin was a first-year law student-- and about to drop out. And months prior to her thirtieth birthday, financial strategist and best-selling author Suze Orman was working as a waitress, making \$400 a month.Decades later, these Boomer women and many others have reached the pinnacles of their professions. So why do Gen-X/Y women feel such pressure to have the perfect career, body, husband, and kids by the time they are at or around 30? Why has 30 become such a make-or-break moment?As the generation that came of age after the most visible glass ceilings had been broken, Gen-X/Y women were raised to believe in futures without limitations. Yet, as journalists Lia Macko and Kerry Rubin reveal in their fascinating investigation, many women have distorted the well-intentioned empowerment messages of their youth and are quietly blaming themselves when they fail to overcome the very real obstacles that still exist in our society. Though many Gen-X/Y women are hitting the same roadblocks at the same time, instead of questioning what's wrong with the system-- as Boomer women did in their twenties-- they're questioning their own "choices."Searching for solutions, Macko and Rubin have enlisted the aid of the New Girls' Club, a group of successful, satisfied women who've lived through their own crossroads moments, earned their battle scars, and now share their stories and strategies. While today's young women may indeed be a generation in the middle of a Midlife Crisis at 30, they now have a dream team of mentors to help guide them through it.LIA MACKO has an executive and senior news management background. She co-executive produced a Newsweek/MSNBC Town Hall Meeting on race relations in America, hosted by NBC's Brian Williams, and has served as a senior editorial producer for MSNBC specials hosted by Tom Brokaw, including Silicon Summits I and II and A Gun Summit, featuring s20President Clinton. Macko helped launch other MSNBC programs and served as a senior producer for CNN's American Morning with Paula Zahn as well as for Court TV's prime-time news broadcast.Macko graduated magna cum laude from American University and obtained a law degree from Georgetown University Law Center in 1996. She has contributed to the National Law Journal and other national legal trade publications and provided a law and technology column to MSNBC.com, titled "Tech Ethics." Macko appeared on the cover of the September 2000 issue of Working Woman magazine profiling "20 under 30: The Ones to Watch." She lives in New York City.KERRY RUBIN worked her way up the ranks at CNN from a teleprompter operator to a producer of news magazine stories, special projects, and lead interviews featuring the network's top talent. She has worked on the development and launch of new programs and has covered stories ranging from international terrorism and presidential elections to design and film. She is currently a segment producer on CNN's American Morning. Rubin graduated with honors from the University of Rochester in 1993. She lives in Hoboken, New Jersey, with her husband, Adam.Jacket design by Chris RhoadsJacket photos copyright of Christopher Isenberg/Photonica and of Burke/Triolo/Getty Images