



# **Loving Midlife Marriage: A Guide to Keeping Romance Alive From the Empty Nest Through Retirement**

*Betty L. Polston*

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More romance and better relationships for the millions of aging baby boomers ...The over-40 population is the fastest growing demographic group in North America. As the baby boomers age, and as husbands and wives confront the empty nest and approach retirement, their relationships can and do encounter many stresses and strains. Based on over twenty-five years of research, clinical practices, and study, *Loving Midlife Marriage* is an authoritative and prescriptive book for revitalizing intimacy and keeping marriage alive and well into the golden years. From filling the void left behind by grown children to rediscovering common hobbies and interests that enhance retirement years to rekindling the passion of a long-term love, this book offers practical and realistic strategies for couples to learn how to live with--and truly enjoy--each other as they age. Betty Polston, PhD (Los Angeles, CA), is a psychotherapist, researcher, and career counselor who has been studying and counseling midlife couples for over twenty-five years. Susan Golant (Los Angeles, CA), is the coauthor with former First Lady Roslynn Carter of *Helping Yourself Help Others* and *Helping Someone with Mental Illness*.

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