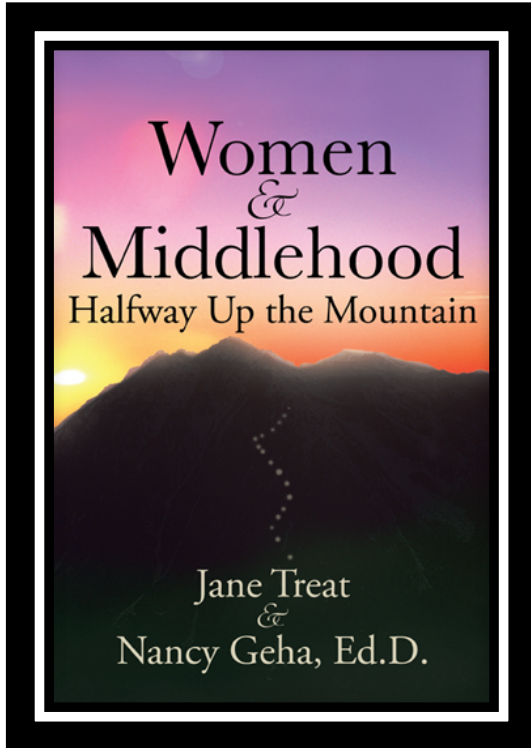


# Women & Middlehood: Halfway Up the Mountain

by Jane Treat & Nancy Geha, Ed.D.



Middlehood women – from 40 to 65 – are in a powerful and rich time of life, but we are also struggling to come to grips with the changes going on within us. These contradictory feelings are brought on by both growing strengths and the waning of familiar ways of life. It often feels like climbing a mountain, full of glorious vistas, sudden storms, and winding trails.

This book is an exploration and celebration of how women journey through this unique time of our lives. It draws upon one of the most powerful methods that women often use for negotiating change in our lives; we talk to other women. In retrospect, we may find that some of the most inspiring and therapeutic conversations we have ever had were these informal, heart-to-hearts with women we love. Each of us has a wealth of experience and when that is joined with the experiences of other women, we create a veritable well of wisdom for ourselves and others. In that spirit, many women contributed stories, experiences and insights on topics that are relevant to Middlehood women: our changing bodies and relationships; the

loss of loved ones; the spectrum of work issues; redefining our sense of beauty and attractiveness; how to deepen our sense of authenticity; the power of our accumulated wisdom; and tools for letting go of old patterns and ways of thinking.

From the gathered wisdom of Middlehood women, three themes emerge as important work for us at this time in our lives. They are: commitment to living an authentic life; the need for courage to face inner and outer challenges, and the willingness to make peace or create peaceful coexistence with our inner conflicts. *Women and Middlehood: Halfway Up the Mountain* is full of insights and stories to help us on our journey up the mountain trail.

**Jane Treat** is a writer and storyteller, who has written and performed stories for more than twenty years in a variety of venues, including: city government organizations; art and natural history museums; community service organizations; schools; festivals; and conferences. She also runs workshops and retreats on life transitions for women of all ages. She has years of experience as a community organizer and running a community and resource center.

**Nancy Geha, Ed.D.**, is a motivational speaker, workshop leader and trainer, teacher, nurse and community consultant. She has taught in public, private schools and universities for twenty years. Nancy is President of Redhawk Mountain Consulting and develops customized, high quality presentations, workshops and trainings on women and Middlehood issues, personality styles, community and partnership building and presentation skills building.