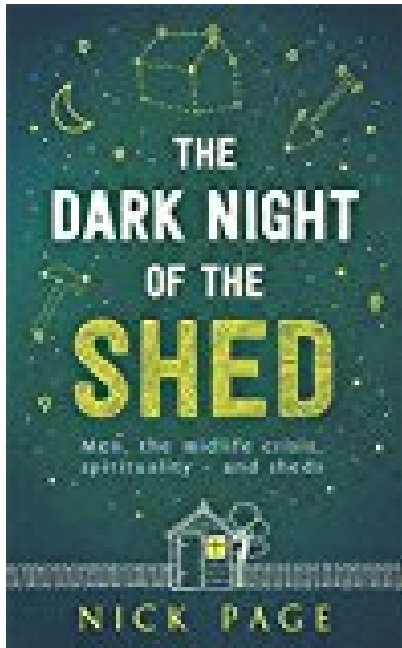


The Dark Night of the Shed Men the midlife crisis spirituality - and sheds



BOOK DETAILS

- Author : Nick Page
- Pages : 240 Pages
- Publisher : Hodder & Stoughton
- Language : English
- ISBN : 1473616859

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BOOK SYNOPSIS

Men, the midlife crisis, spirituality - and sheds A new bike - running the marathon - splashing out on a sports car - having an affair - taking up triathlon - upping sticks and moving to the country - getting divorced - even going into the church... There's a point in a man's life where he looks around him and asks whether this is really where he wants to be - what he wanted to do with his life. And even if he's achieved all his childhood dreams, maybe that's not enough any more. Nick Page has been there, and he decided to build a shed. Not to answer the question, but so that he'd at least be able to get some peace to think about it properly. Join him on a journey of discovery, into what the midlife crisis really is, and whether there's a better way to go at it than frittering away time and money trying to pretend you're really younger than you are.

THE DARK NIGHT OF THE SHED MEN THE MIDLIFE CRISIS SPIRITUALITY

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