



# Endings. Beginnings... When Midlife Women Leave Home in Search Authenticity

*Ani Liggett*

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*Endings. Beginnings... When Midlife Women Leave Home in Search of Authenticity* shines a compassionate light on the often-misunderstood journey that many midlife woman embark on to pursue wholeness and a more authentic life. While they now represent the largest segment of the adult female population, little is known about the unique challenges a midlife woman faces. This is not a book about divorce, although divorce can be part of the midlife equation. Rather, it looks deeply at the transition challenges of midlife women who so desperately wished to come home to true self that they were willing to risk everything. Readers will find both practical and spiritual tools and insights, and there is a story for every woman, regardless of where she is on her journey.

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