



# Fifty Days to 50: A Mini-Memoir of My Midlife Crisis

*Andrea Dean*

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Andrea Dean couldn't get with the "easy-breezy" attitude some of her friends had about turning fifty. She was barely keeping her head above water, trying not to drown as she approached this midlife milestone. In her inspirational memoir *Fifty Days to 50*, Dean documents her inner exploration—and how she learned to cross the fifty mark with pride and confidence.

Dean celebrates the fifty days leading up to her fiftieth birthday in a series of selfie-style images coupled with bits of her story. Each day, she looks inside herself and creates an image to fit the mood. She covers themes like needing to reboot, being tired of being Superwoman, counting her blessings, and connecting with her feminine power.

Dean's collection is as much about celebrating the power of being a woman as it is about emerging from a midlife crisis. She pays homage to motherhood, female independence, body issues, and other joys and concerns shared by women. It's fun and easy to read—and packed full of powerful photographs that speak directly to the heart.

If you're a woman approaching fifty or going through other transitions in life, let *Fifty Days to 50* help guide you through.

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