



Here in the Middle: Stories of Love, Loss, and Connection from the Ones Sandwiched in Between

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The middle years of life are ones of tremendous joy and uncharted challenges. Often times, these are the years when we are pulled in multiple directions, with the needs of our career, marriage, children, aging parents, and friendships all taking a toll on our time and energy. But it can also be a time filled with simple pleasures, deeper connections, and settling into our own skin. Here In The Middle is a collection of essays that gives voice to the complexity of the middle place, sandwiched between love and loss, with thirty-two writers sharing their stories, along with a piece of their heart and soul, so that readers can find acceptance, solace, and understanding.



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