Beat: Health

Midlife crisis between self tinkering and lack of passion

WORLD NEWS

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USPA NEWS -
Some may Egged us specific definition has been not understand the meaning of this crisis, because it may pass unnoticed by his life does not feel out of which will address whether the door of his life and make an impact may be beautiful or a nightmare hoping that wakes him ???

Let's go back to the more correct definition of mid-life crisis?
Which are changes, biological and hormonal stage where intellectual maturity begins, and stability prisoners and practical with a lack of emotional activity between spouses.
There is no difference between a man and woman who are not married or unmarried couples go through your life and will change many things may turn out over night, overnight to someone else to evil and very affectionate, weak and immature person, teenager lost.
Studies have confirmed that the concern of aging or diseases, or that person becomes whether a woman or a man less attractive is the cause of the crisis they are going through.

Who are those who will pass the crisis ???
Who lack stability, emotional, and psychological - and they have some social circumstances, and the difficult task of economic poverty, destitution, and unity, they are more prone to the passage of such crisis.
The people who pass this stage, most of them are in peace, stability in their lives and marital success in their working lives.
: Age, which begins this crisis !!!
Researchers confirmed the psychology that the mid-thirties and early forties is the age at which begins which humans change and some scientists have guessed
the early fifties to go on for a long time or may expire shortly from the beginning.

A lot has become suffers from this crisis in the recent period have lost showed a lot of women who have reached the age of fifty concerns because of the direction of their husbands about the use of social networking sites and more, as well, resulting in a significant change in the behavior of the pair was showing constant annoyance of excess weight to his wife or his inclinations more to flirt with women desire the most beautiful and exciting and was bored and fixed on the insurgency and try new things,
Take random decisions regarding the disposition, or his money on a professional level. . Some drastic changes to the external appearance, and takes care of his appearance and dressed.

Am I not to the past and a lot of memories, and always say "Do not lived my life, I lost my youth ....
What women for men this may also be. what about them?
Some girls aged between 19-23 in most of the mothers have been confirmed had had sex illegal with young people aged between 20 years and some women may become unconscious and perceptions in terms of appearance or talk, and that led to so there will be between ridicule everyone focus and probably because most of them were married between the ages of small young and Gallo and the lives of teens for families and children, and restrain themselves to achieve, to achieve their goals, especially women who do not work, then think seriously start on the financial situation and life and mistakes.

Experiments have proved that the Arab peoples as compared to foreign peoples is more prone to the passage of such crisis they are suffering from a lack of social roles, awareness, guidance and educational
How we can make a couple out of the crisis without losses?

The wife must punctuate that her husband suffers from certain burdens, and that if they had persevered and helped him get through that stage there will be no separation or divorce.
“¢ patience and openness will guarantee that the repacking to normal.
“¢ leave the arrogance and stubbornness and estrangement by the husband in the family reunification
“¢ Apology: Assignment between the parties does not mean weakness and submission it is a real success for an even better life.

“¢ must forget the past and not to refer to it in any case, and give birth to a hostile attack, when human lives are illegal sex with someone else.
“¢ "The love of family" is the one who spent the boredom and fear
“¢ mutual respect, encouragement and boost morale and lack of cynicism in the case of failure and frustration between spouses need to build an even better life.
“¢ enjoy every stage of life fit it! And to look back on a positive outlook, and realistic, and what he got mental and emotional maturity!

“¢ The art of dealing one of the most successful ways to maintain a happy family that the dialogue be faithful vocabulary as you say you are halves of the other, you're a part of me, "I know what you feel it" and "I know what is going on inside you." Such sentences help us understand some of the positions, because it is considered post effective between
“¢The midlife crisis does not necessarily mean negative presence in the change, but we may find that there are a lot of people go through their lives to talk about positive change, follows forward towards achieving the goals and aspirations.

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