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The Self Improvement Show Archives Available June 1st 2017: Midlife Maze

If you are in midlife—between the ages of 35 and 64— this show will speak to you. If you are not there yet, pay attention because you soon will be. Midlife can be a time of reflection, rebellion, or reconnecting to old or new interests and activities. It can also be a time when losses start to happen or begin to pile up—divorce, death of a loved one, loss of a job or home, the moving out and on of grown children—and learning how to move forward can be a challenge. Our guest, Janis Johnston, a seasoned psychologist looks at the geography of loss in midlife, the way it can affect us, and what we

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Featured Guest



Janis Clark Johnston

Janis Clark Johnston, EdD, has been a school psychologist in public schools, supervising psychologist at a mental health center, employee assistance therapist, and private practice family psychologist.

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