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Midmen: The Modern Man's Guide to Surviving Midlife Crisis

Steve Ochs

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Eighty percent of modern, middle-aged men are having what is known as a midlife crisis. These men represent the highest concentration of wealth, the longest terms of unemployment and (drum roll please) the highest rate of suicide. They also represent over four million inappropriate gold stud earrings, seventeen billion individual hair transplants and eight thousand miles of hairy muffin top. These are the MIDMEN.

Author Steve Ochs, GED, is on a mission. After seeing his long time friends and peers dying at an alarming rate from lifestyle choices, addictions and suicide, the veteran comic/comedy writer got serious. He determined that what was killing them was, ultimately, their unbearable feelings of disenfranchisement from society and an inability to cope with their fast approaching mortality. To address it he used his experience as a writer and performer to create a one man show called, "Life in the Middle Ages." The response was clear:

"Very funny insights...with sincerity and humility. Nothing short of profound."
Stage and Cinema

"Brisk,Funny, and Ultimately Uplifting,"
LA Theater

"Irreverent,Quip-Happy... The Audience Seemed Truly Touched."
LA WEEKLY

"Ochs Gives us not just Illumination but Coping Skills if not a Downright Solution to our Fears."
LA Splash

But spreading his message one audience at a time was inefficient so *MIDMEN: The Modern Man's Guide to Surviving Midlife Crisis* was born. *MIDMEN* is more than just an informative self help book for a growing, if rapidly balding, generation. It is strong medicine dissolved into a spoonful of beer that men can easily digest. However, men are notoriously averse to buying self-help books and, because publishers know that, there isn't much out there... but they are the primary readers of humor books. Eureka.

MIDMEN keeps the reader laughing as it spoon-feeds him genuine survival information. Covering areas as diverse as health, finance, family and death, *MIDMEN* leads its MIDMAN readers through an insidious series of sections and chapters that surreptitiously reinforce his sense of well-being as he faces life's second half.

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Lois Cox:

This Midmen: The Modern Man's Guide to Surviving Midlife Crisis book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is information inside this e-book incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This kind of Midmen: The Modern Man's Guide to Surviving Midlife Crisis without we understand teach the one who reading through it become critical in considering and analyzing. Don't become worry Midmen: The Modern Man's Guide to Surviving Midlife Crisis can bring whenever you are and not make your handbag space or bookshelves' become full because you can have it inside your lovely laptop even cellphone. This Midmen: The Modern Man's Guide to Surviving Midlife Crisis having good arrangement in word as well as layout, so you will not feel uninterested in reading.

Raul Joyner:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them household or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a e-book. The book Midmen: The Modern Man's Guide to Surviving Midlife Crisis it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

John Bullard:

People live in this new morning of lifestyle always attempt to and must have the free time or they will get lots of stress from both daily life and work. So , if we ask do people have free time, we will say absolutely without a doubt. People is human not really a huge robot. Then we request again, what kind of activity are there when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading books. It can be your alternative with spending your spare time, typically the book you have read will be Midmen: The Modern Man's Guide to Surviving Midlife Crisis.

Jack Lacasse:

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