



# Midlife Check-In: Who Am I *Really?*

A Guide to Deepening  
Your Sense of Self  
in Midlife and Beyond

by

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## out what people say about my book:

Very well written

I'm just part-way through and I'm excited to keep going.

Easy to read.

A great companion for understanding what's happening in us during these years and making sense of our life!

"The Midlife Checklist" is great! It clarified my current inner experiences and concerns. This book is filled with thought-provoking exercises, explanations, and well thought out tools for anyone to use.

I love that I can pick and choose what I want to focus on, and I can jump into exercises and explanations that are personally "where I am."

I really enjoyed the Preface and learning about the tree symbol in our lives.

My friend and I have been working with this book and sharing our experiences. It's very powerful to be one another's witness.

One of the things I really like are the printed quotes by "Full Moon" women with advice and insights about living through these years and beyond.

An excellent resource if you want to understand Who you are more deeply and more honestly. Filled with clear, helpful explanations about these complex years of our life.

Allows you to go at your own pace.

Questions are thought-provoking!

Works really well as part of my work with my therapist.

Dr. Mountain provides just the right amounts and kinds of information--and makes it very useful, too.

The Midlife Checklist gave me an "aha" moment when I saw my results!

I am so relieved to discover how "normal" I am!

Really well organized and reader-friendly.

It gently deepens your sense of Who you have been, Who you are now and are becoming. "I wish I had read this sooner!!"