



The Afternoon of Life: Finding Purpose and Joy in Midlife

By Elyse Fitzpatrick

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The Afternoon of Life is written for women in the middle years of their lives. As we age, we wonder at the many changes occurring in our lives. How do we make the necessary adjustments? How do we handle all this? Elyse Fitzpatrick shows us how our faith can be at the center of how we respond to these life changes.

With humor, transparency, and biblical wisdom, she helps us see that God's purpose in bringing us through this time is to glorify himself and sanctify us.

There are questions at the end of each chapter to help women during what may be the most difficult time they will face.

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Editorial Review

Review

"As an 'afternoon of life' woman myself, I laughed, I cried, I was convicted by this book. Elyse Fitzpatrick addresses the change in women ages 45-60 with humor, refreshing honesty, and a heart for God. I highly recommend this book and wish I had had it when I was at the beginning of my afternoon instead of at the end." --**Martha Peace**

"Fitzpatrick has a heart-desire to bring God's life-changing Word to strengthen and help women. It is always with confidence that I recommend her books." --**Elizabeth George**

About the Author

Elyse Fitzpatrick counsels with the Institute for Biblical Counseling and Discipleship and is a frequent retreat and conference speaker. Fitzpatrick coauthored *Women Helping Women*, a 1998 Gold Medallion finalist; *Love to Eat, Hate to Eat; Overcoming Fear, Worry, and Anxiety*; and *Uncommon Vessels: A Program for Developing Godly Eating Habits*.

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