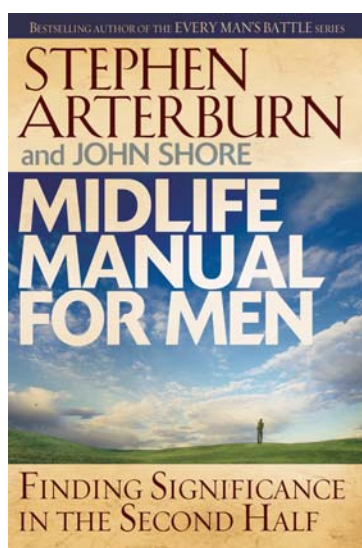
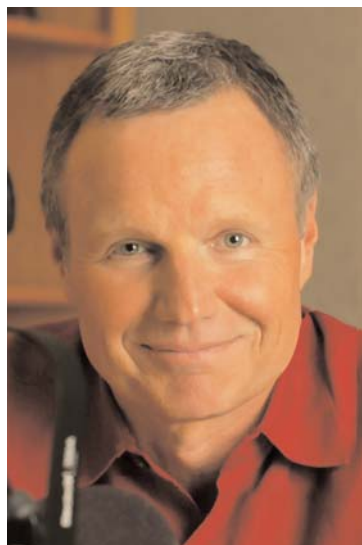


## SAMPLE INTERVIEW QUESTIONS



**Midlife Manual for Men**  
**Finding Significance in the Second Half**  
by Stephen Arterburn and John Shore

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### Media Contacts

PRINT/ BROADCAST: **Brett Benson**  
952-829-2529  
bbenson@bethanyhouse.com

INTERNET: **Jim Hart**  
952-829-2526  
jim.hart@bethanyhouse.com

CANADIAN MEDIA: **Ellen Graf**  
519-886-6262 ext. 4201  
egraf@rgm.ca

Please send tear sheets to:  
Brett Benson  
11400 Hampshire Ave. S.  
Bloomington, MN 55438

1. It seems that most people dread being middle aged. But you see it differently. You see it as an opportunity for a fresh start, especially because being "middle aged" today is so much different than it was years ago. How so?
2. We often associate midlife with having a midlife crisis. The stereotypical example is the guy who suddenly buys a red sports car. Is that inevitable? Do all men struggle with being middle aged?
3. You write that some guys really do struggle in midlife. What are the signs of a serious midlife crisis, and how can a guy—or someone who cares for him—get help?
4. You organized *Midlife Manual for Men* according to common roles in life that men have—son, husband, provider, father, even a role you call "he-man." Why are these roles so important at midlife?
5. Through these life roles, certain character-building attributes have been forged. Can you talk about these qualities and how they can help men not only get through midlife but lead a life of significance from here on out?
6. We don't normally relate men in midlife with their roles as sons, but you say that it can be an important part to having a great second half of life. How so?
7. The issues or struggles a man might face in midlife undoubtedly have an effect on his marriage and his wife. How so?
8. How can a wife help her husband during midlife?
9. A man's life is often defined by his job and being a provider for his family. When a man reaches his forties and fifties, what role does his career play?
10. Midlife often raises feelings of regret for men, including regrets about how they raised their children—what kind of father they've been. What advice do you have for men who want to be better fathers, especially if their children are older and perhaps even out of the house?
11. What are some simple, practical steps men can do today to start living a healthier, more significant second half of life?