



Americans at Midlife: Caught between Generations

Rosalie G. Genovese

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Americans at Midlife is an exploration of the middle years within the framework of trends in the larger society, including longer life expectancy and an aging population; changes in marriage, divorce, and family composition; increased participation of women in the labor force; and the growth of two-income families. Major interests at midlife center around work and careers, current and future economic well-being, and planning for retirement. Other major concerns involve relationships with younger and older generations: boomerang kids who leave home and return, and aging parents, often healthy and active now, who may need care in their later years.

The book begins with a discussion of how demographic and social changes affect midlife, followed by chapters on work and retirement planning or looking for the good years, the not-so-empty nest, and aging parents. A chapter on mid-life women considers the implications of combining work and caregiving and raises concerns about their economic well-being, given their longer life expectancy and often more limited resources. The book ends with a consideration of policy issues that may affect midlife in the future.

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