



Surviving Saturn's Return: Overcoming the Most Tumultuous Time of Your Life

Sherene Schostak, Weiss Stefanie

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For the first time, psychological strategies for surviving the astrological fallout of turning the big 3-0!

Many young women approach their 30th birthdays with anxiety. They suddenly notice every tiny wrinkle, question the speed of their corporate ladder climb, or suffer from a biological clock that rivals Big Ben. Is it vanity, fear of aging, early midlife crisis, or insanity?

It's actually the result of what astrologers call the "Saturn Return," a phenomenon occurring every 28 years, when Saturn completes its cycle through an individual's birth chart. At this crucial juncture, women often experience a crisis of self, unexplained chaotic feelings, or the uncertainty of personal and professional crossroads.

In *Surviving Saturn's Return*, the first book to explore the subject, the authors combine their psychological and astrological expertise to demystify this cosmic source of strife and offer self-help strategies for surviving, even thriving, during this "quarterlife" crisis. In a fun, friendly, and reassuring tone, they explain how to deal with everything from the father complex to money to marriage to maturing confidently into adulthood.

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Rodney Alvarez:

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