



IMMEDIATE RELEASE

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Celebrating You in the Prime of Your Life

Lifestyle mentor says the 'the midlife crisis' is key time to re-evaluate life from the inside out

KANSAS CITY, Kan. – Is this all there is? Have I failed at life? Should I buy a Ferrari? If you are a man between the ages of 30 and 40 and this line of questioning sounds familiar, then you may be experiencing what many believe to be the early symptoms of a midlife crisis. A recent study done by Cornell sociologist Elaine Wethington shows that 25 percent of Americans over the age of 35 believe themselves to have suffered from a midlife crisis.

Many middle-aged men fear they fall short of their youthful goals and as a result are stuck in unfulfilling careers, heading down a path devoid of any true passion or motivation. With an overwhelming sense of uselessness and lack of progress, many men give in to the midlife crisis. But according to new age expert and lifestyle advisor, Sandy Andrew, a midlife crisis doesn't have to be the end of your life.

Andrew, author of, *Your Never-Ending Life: Book 1 in the Universal Learning Series*, says that no one has to surrender to the commonly accepted idea of a midlife rut. To Andrew, the midlife crisis is a state of mind caused by a lack of self-fulfillment. He believes that hard work, a willingness to change, and a list of clearly stated goals is all it takes for men to rocket themselves out of the midlife slump and onto a life path that will bring them true satisfaction and happiness.

"Seek fulfillment in your life. It can be obtained in many forms, such as from your family, friends, and in your career. Fulfillment is an absolute joy in life and should be the goal of all of us," says Andrew. "In your heart you know what will make you fulfilled in life. Therefore, go out in life, make choices, and seek goals that will fulfill you."

As a guest, Sandy Andrew can discuss:

- Five tips for setting and achieving your life goals
- How to help your spouse overcome the midlife rut
- Recognizing symptoms of a midlife crisis
- Surviving & thriving through a midlife crisis
- How to turn a midlife crisis into a positive, life-altering experience

Sandy Andrew grew up Scotland and fulfilled his lifelong goal to become a U.S. citizen seven years ago. He currently resides in Kansas City with his wife and daughter. As a proponent of Universal Learning, he teaches a revolutionary process based on emotional and life experiences for people in search of an understanding of their existence and life, including past lifetimes. In *Your Never Ending Life*, Andrew offers advice ranging from steps to effective goal setting to guidelines for obtaining personal fulfillment in this lifetime.

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To schedule an interview with Sandy Andrew, or to request a copy of *Your Never-Ending Life*, contact Stephanie Mayabb at (512) 478-2028 or smayabb@phenixpublicity.com.