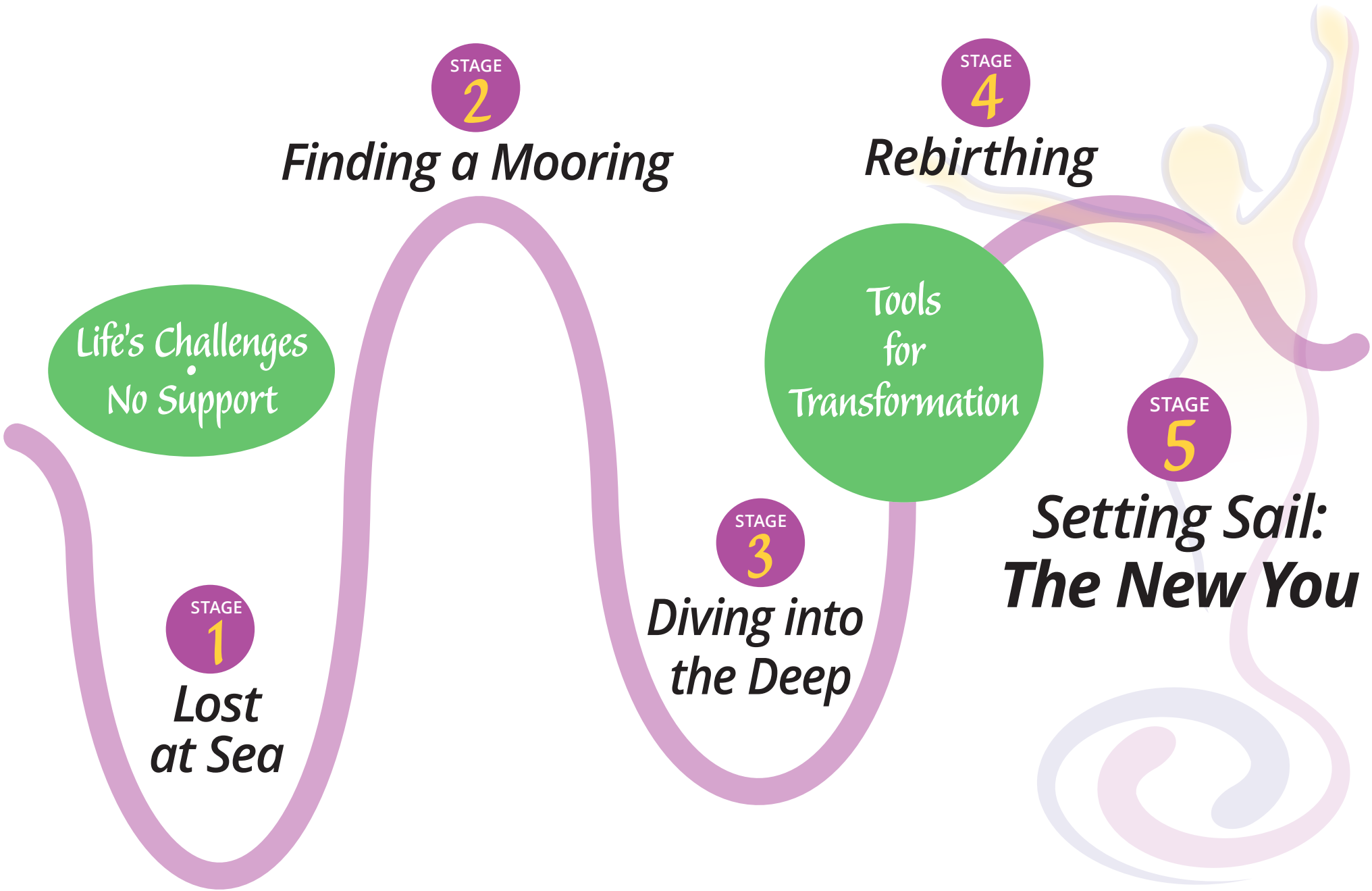The Midlife Voyage to Transformation