



# The Stranger in the Mirror: A Memoir of Middle Age

*Jane Shilling*

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## **The Stranger in the Mirror: A Memoir of Middle Age** Jane Shilling

Middle age took Jane Shilling by surprise. She hadn't seen it coming, and she certainly wasn't ready for it. Living a flawed, bittersweet version of the idyll she dreamed of in her twenties, in a tumbledown urban cottage by the Thames, with a son, a cat and a horse in a livery fifty miles away, she wondered whether middle age was the beginning of the end. Or was there one last great adventure to be had?

*The Stranger in the Mirror* is one woman's attempt to understand what middle age means for her and whether, as a new generation of women turns fifty, a revolution is under way. It definitely won't reverse the signs of ageing - but it will make you laugh, it will make you think and it could just make you look in the mirror in a slightly different way...

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