

**Midlife**  
**A Philosophical Guide**

Kieran Setiya

MIT

If I am not for myself, who will be for me?

And if I am for myself only, what am I?

And if not now, when?

– Rabbi Hillel

**Contents**

Introduction

Chapter One: A Brief History of the Midlife Crisis

Chapter Two: Is That All There Is?

Chapter Three: Missing Out

Chapter Four: Retrospection

Chapter Five: Something To Look Forward To

Chapter Six: Living in the Present

Conclusion

Acknowledgements

Index