

The Midlife Male

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Synopsis

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It's the sweet spot. For far too long, men have been told that midlife is when we start to die. But it's actually the first time that most of us really begin to figure life out. Four years ago, this realization led performance coach Greg Scheinman to create a no-BS community in which men who have been around long enough to own their mistakes and celebrate their successes could gather to maximize the second half of their lives. Since its creation, the midlife male movement has gone on to change thousands of lives through inspiring weekly newsletters and insightful podcast conversations with top CEOs, athletes, chefs, authors, and other high performers. The midlife male philosophy is centered on the six Fs:

- Family
- Fitness
- Finance
- Food
- Fashion
- Fun

A midlife male strives for purpose and joy, takes action, asks questions, accepts responsibility, embraces curiosity, and leaves a legacy his loved ones can proudly inherit. He's not going through the motions and bitching about the wrongs of the world. Simply not being a dick is a low bar to clear. You can do better than that. Written with humor and vulnerability, *The Midlife Male* provides a must-listen guide for men to boost confidence, accountability, and creativity that strips away notions of traditional manhood—whatever that even means. It's a call to open up to being your best and authentic self...and have a helluva lot of fun in the process.

Reader's comments

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