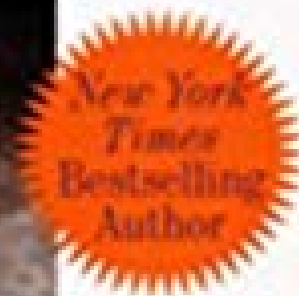


Barbara Sher

Author of I Could Do Anything if I Only Knew What It Was



it's only too late
If You Don't
Start Now

How to Create Your Second Life
at Any Age

Barbara Sher

It's Only Too Late If You Don't Start Now: HOW TO CREATE YOUR SECOND
LIFE AT ANY AGE



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It's never too later—to reclaim your creativeness, recapture long-lost dreams, and embark on an exciting new lease of life! How exactly to rediscover the influenced, enthusiastic adventurer you wanted to end up being before you became the accountable adult you had to be • Right now, in a provocative new book, she gives a bold new technique for creating a “s never too late to start out over. How to make existence'and overcome— Combining step-by-step workout with motivational techniques, she reminds you of the dreams you abandoned along the road to adulthood, offering all the tools you need to weave those aspirations right into a richly textured, rewarding new life.second half”second existence” Actually, life' So don' Relating to Sher, it' is the perfect time to take action, when dreams for future years and experiences of days gone by finally get together.s “t wait around. Discover: •— work for you • How to identify—s built- “time limit”regardless of what your age! can point the best way to a more rewarding existence • Which of your “regrets”the illusions that stand between you and your dreams • New York Times bestselling author Barbara Sher has changed the lives of hundreds of thousands with her phenomenally effective books, workshops, and television appearances. Dozens of methods to recapture your independence, reclaim a feeling of wonder, and embark on an incredible new beginning



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So honest, so meaningful This book deals so directly and honestly with the issues of changing your daily life. I can't overcome how the author has thought through the desire to have change and the issues of actually making the changes. Those last chapters brought about significant transformation in my life.

Recommended Reading For Those At Crossroads I've read all the reviews here, and felt compelled to add my very own two cents' worth. More than empowered, you will be aware of insecurities you didn't always have on the initial place! Successful person's FAV Her "Wishcraft" book launched my profession and took the lid off imagination and solutions. It was more targeted at mid-life changes than I expected nonetheless it has relevant material for folks of any age who would like to change any facet of their existence in a significant way.. Midlife: Wow, I had no idea! Why? Because it's a solidly helpful book generally in most respects. Pushing 60 - Glad I CAME ACROSS This Again! I am a big enthusiast of Sher's for many years. This is a wise, insightful book for all those grappling with life's deeper questions pertaining to mid-life and beyond A wise, insightful book; Financial conditions were in a way that we (my children) experienced to downsize our house and lifestyle. In addition to those difficulties, I had a breasts cancers scare with lumpectomy. A couple of months later, my father died. This reserve was enormously beneficial to me at the same time when it appeared everything experienced tilted on axis in my world. Sher really did help me discover answers to the question, "Where do I proceed from right here?" Chapter 3, "Period Limits", was particularly encouraging. Thankful that my counselor suggested this book to me. It feels like the writer wrote them down as they found her head within an unconnected free-form like way, as you perform while rambling to a friend who's asked you for assistance. A True Classic That is a book I keep hold of because being smack-dab middle-age, asking myself plenty of questions and constantly re-evaluating my entire life, I know I'll need it again and again. Those were haunting questions. I also think that most of us desire to enjoy a healthy, active libido ideal up 'till the day we're planted in the ground. Chapter 8, "Escape to Independence", was another wonderful section that had a profound impact in my lifestyle. Chapter 3 was enormously valuable in helping me to consider some deep breaths, calm down and actually explore what finite time had designed **and could mean** if you ask me. It's a chapter that I feel would be beneficial to anyone at any age group. Very empowering if you let it be. This publication is more meaningful and pertinent than all of the coaching books I ever bought before. An honest and empathetic book. This one less but if you are unfamiliar with her amazing function and perspectives, this might be a great start. Sher experienced focussed more on the above-pointed out aspects of her message previous in the reserve, because I believe age group is definitely something to celebrate, and beauty can glow from the face of a 90 season old. Burying a parent amid that crisis just served as fuel to worries. I've started wondering, "Is normally this it? In the event that you, like me, can dismiss Sher's personal opinions about (physically) aging, i quickly believe you'll gain very much from the other, even more encouraging, insightful & It took me a lot longer to complete this publication than I anticipated, but every workout in self-reflection was worth the effort. At the time, my profession had extremely unexpectedly stalled. the title doesn't do it complete justice. Ms. Just what a blessing she is! I really like Barbara Sher's writing design because she is very very much to the idea and not full of psychoanalytic mumbo jumbo.' No quick fixes/solutions here, and not a 'new age-y' sort of reserve, but rather a solid examination of the transitions we go through and how exactly to embrace, rather than deny them. They could for you personally, too. I highly recommend it. Sometimes difficult, but eventually uplifting and worthwhile A great book for anyone trapped in a rut or seeking to make changes within their life. proactive components of this publication. No meditations or affirmations needed. but these revelations had been necessary in order to arrive at the end-state of exhilaration and freedom. I read this book with friends, and we shaped a book club that provided an excellent sounding board and support program for for every other. We often joked that it was better and cheaper than therapy! Her discussion of midlife (our second life), our illusions, our expectations, and what really is possible was so attention

opening to me. Keep in mind Your Dreams and Proceed Get Em Anything by Barbara Sher is a treasure and this book is as good. Great for individuals who feel frozen in place and think they are too old to do what they dream about. At age 50 and considering a major change in my own work, it was the perfect book for me. I only desire Ms. I'm an author and I have probably influenced the sale of her books a lot more than my own. When this reserve premiered in 1998, I ordered a copy. Well, I'm pushing 60 - pushing it fairly hard you might say - and finally made a decision to quit my workaholic methods and get a life. I bought this book some time back again, skimmed it, and put it through to a shelf for "when I had more time". Don't browse it, just speak to your grandparents rather, they'll also thank you for it. Certainly, the next chapter of one's life ought to be the happiest. She's down-to-earth and provides practical advice that truly makes sense. She allowed me to simply accept that I'm grouchy, sloppy, no fun before my first cup of coffee - and I can STILL do wonderful stuff! Barbara Sher is a riot! I highly recommend this publication. Sher confronts, in a plainspoken and sensitive way, the grief, uncertainty and fear one feels as you gets old/grapples with life's challenging questions of "What now? wisdom" theory, and will dwell too much on her behalf own watch that dwindling libido = greater creative possibilities, I'd still recommend this publication to anyone at a midlife crossroads. Sher delivers an upfront, honest, down-to-earth look at Midlife. I turned 40 lately, and hadn't thought about midlife (consciously) however. I have already been, however, extremely stressed and discouraged. To summarize? Is this all there is usually? What possess I been functioning so hard for?" I came across this book and am so glad I gave it a go. Sher discusses the purposes of our "first existence", and the biological, emotional and cultural factors that influence us at different stages of our existence. At some meetings we talked for provided that four hours on one chapter! Sher's words gave me clarity and expect new opportunities to live the life span I've always been striving for. Barbara, in every her wisdom, provides us helpful information on how to get there. It's easy to go through and--by doing just a few of the ... This book changed my entire life. It's easy to read and--by performing just some of the suggestions--I've experienced life experiences that I'd only imagined before. That chapter only is worth the price of the reserve, and I still review chapters 10 and 11 periodically. There were many truths which were hard to face; It feels like the writer wrote them down as they came to . Many instances where I came across myself wanting to know if the book was written simply for me. Slapped hard in the face with the ideas of mortality, I started falling into crisis setting. One Star Sort of silly. :-) Excellent, insightful read Excellent, insightful read.. While the author might overly-emphasize the "beauty vs. The ideas behind this book are all scattered around and there isn't a sense of order. Imagine if my time is cut short? She tries too much to create a cohesive entire and it all seems manipulative and unconvincing. Her recommendations seem useful only once they are juxtaposed to her personal negative thoughts about the subject matter. Be prepared to be get shaken up as you read also to be real honest with yourself. Thank God I finally found some! Imagine if I've already go out of period?' and 'Are my greatest years behind me? I would recommend all her books.



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