

"Honest and empowering...  
It explains why for me, and for so many other women, this has turned  
out to be the most free, creative, and rewarding time of life."

—ISABELLA ROSSELLINI

# 50 Is the New Fifty



TEN LIFE LESSONS  
for Women in Second Adulthood

**Suzanne Braun Levine**

author of *INVENTING THE REST OF OUR LIVES*

Suzanne Braun Levine

## Fifty Is the New Fifty: Ten Life Lessons for Women in Second Adulthood



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Browse Suzanne Braun Levine's posts in the Penguin Blog. Rich with anecdotes, this book captures the voices of ladies who are confronting transformation, renegotiating their associations, and finding who they are actually that they are finally developed. An inspiring information to maximizing creativeness and joy in the next half of lifestyle Suzanne Braun Levine follows her groundbreaking *Inventing the others of Our Lives* with clean insights, research, and useful advice on the challenges and unexpected benefits for ladies in their fifties, sixties, and seventies. View a Video 50 Is the New Fifty is about survival, pleasure, and camaraderie, and it proves that fifty can be its wonderful stage of options and promise. Levine's personal warm, sensible, and humorous voice get this to guideline encouraging, enriching, and empowering.



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There is likely to be better books along these lines. I was disappointed, however, that a lot of of the reserve was geared towards ladies in their fifties;. Actually she, within the last chapter, fundamentally seemed to say that anything will go. The lessons in this book can also transfer to other difficult issues in lifestyle. It is a pity though, as there did seem to be some plausible ideas hidden deep between the waffle, however in a well structured reserve they wouldn't have produced a whole book, plus they weren't well worth the frustration of reading the complete book to see them. Read this book only when you want to understand that other women have been through similar issues, but, in my opinion, don't examine it for enjoyment, inspiration, or support. Good book There were many great lines throughout the book.. It's likely I didn't get much from it because I naturally possess a positive outlook on growing older. I need to take a sabbatical and work out my next moves. The book is filled with quotes, and even some of them continue for so long, that by the time you obtain to the end, you don't know what the point was to begin with. Best Birthday Gift I got my copy when I turned 50 and have been returning the favor by giving the publication to all of my girlfriends turning 50. It's daunting plenty of without feeling "old" with your greatest behind you. This publication reminds us that the best is yet to arrive. It's funny and true. This book puts everything in to perspective. In turn, this will effect how others perceive and relate to us. It babbled on and on, all over the place, as if the writer didn't know what she was trying to say, so was instead trying to say it all, without saying anything much at all.if we're lucky. like a long telephone call with an excellent friend I'm turning 50 this season and am spending time to work out what I want to do for the others if my life. That term jumped out at me as an extremely negative thing to state. But it was great confirmation that my mindset can be a healthy and productive one. I'd love to see her write another book aimed towards a mature population. It's well written and positive reminders to consider growing older in stride and getting older doesn't mean you can't take it easy. much if it did not pertain to ladies beyond that age. Encouraging insight shared Most of what I go through affirmed the thoughts and feelings I've had for years now. It really is good to learn I'm much closer to normal than I ever truly imagined. Must read! This is an excellent resource for those folks trying to create sense out of where we're at in life. An easy examine and great reminder that lifestyle happens to all of us. Mixed review We had some mixed feelings about this book. I came across it to be pretty inspiring in conditions how exactly to look at lifestyle beyond the midlife stage. In my opinion: this was among the worst type of motivational books I've ever go through, and I ended up throwing it away.now I'm going to browse the reinvent yourself one!So far as the content , I could relate to some of the author's opinions and beliefs however, not every one of them. As I was aware of the author's age group, I experienced anticipated the book to be more highly relevant to females aged 60 and over. This book helped me. Those unfavorable connotations are usually tied to the options we make and what we believe about ourselves. Gems of Wisdom for Ageing Well Becoming in my sixties, there exists a HUGE difference in my own way of life from the fifties, when I was still fully employed. I anticipated a more optimistic tone throughout however, many of the isn't what I would consider inspiring or motivational. For example, the author states early in the book that we (ladies over 50) would all like to be "fresher and more powerful" . I have many talents and two businesses plus some fame but experience dissatisfied. For myself, as a female over 50, I could honestly say that I've hardly ever felt stronger physically (and in additional respects) than I really do right now. ?Age doesn't have to equal getting stale OR frail. Overall, I must say i liked the book..Ageism is a thing that I refuse to accept in my life and by making this decision I have felt happier overall and definitely not dreading growing older, as I once was.I enjoyed some of this publication but I think it could have

been more upbeat, inspiring and positive overall. Geraldine Helen Hartman, writer of: Laughing at the Grim Reaper! Mixed Feelings CONCERNING THIS Book In the first place, I cherished the cover and the title of this book.



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