

"At last, it's My Time!" — *Time Magazine*

My Time

Making the Most
of the Bonus Decades
AFTER FIFTY

ABIGAIL TRAFFORD

author of *CRAZY TIME*

Abigail Trafford

**My Time: Making the Most of the Bonus Decades after
Fifty**



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Kids grown? What today? Career topping out? Home loan paid?" Defining this era as a whole fresh developmental stage in the life span cycle, Trafford skillfully manuals visitors through the obstacles of My Time and offers them the chance to make best use of the bonus years. Because of the longevity revolution of recent decades, today's 55- to 75-year-olds are living and working much longer and healthier than ever before. From the psychoanalyst who quit his practice to write self-help books, to the widowed mom of three who reinvented herself as an effective photographer, true tales of crisis and triumph sparkle on every web page of the inspiring and insightful book. IN MY OWN Time, best-selling author Abigail Trafford answers the questions a growing number of 50-somethings are thinking about. With the same wit, compassion, and vivid storytelling that made Crazy Time among the best-enjoyed books ever written on the subject of divorce, Trafford blends personal tales with expert opinions and the latest research on adult development. This generation is the first to encounter the period of personal renaissance in between middle and aged age-what Trafford calls "My Period. Like Gail Sheehy's Passages, My Period profoundly impacts the journey through our adult years.



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Great book on figuring out the second half of life Really inspiring work. I really like the way she discusses a second adolescence, a time of reinvention and experimentation. It's among my favorite books about pension, aging, or "what do I would like to be" in the second half of lifestyle. It reframed "growing older" as something possibly fascinating and adventurous. She's also a good article writer, and her style helps deliver an psychological impact that additional books in this area lack. Ms. That is an important amount of time in ours lives and needs the attention that reserve speaks about." Ms. Lifestyle Choices for REALLY Planning Your "Pension" "My Time" is a book I've directed at friends and cousins in their 50's and 60's amid transitioning to "retirement". Still, it could be inspiring to learn about those people, and the opportunities of the phase of lifestyle. I came across the book extremely encouraging. So most are not likely to strike from the daring adventures a lot of her subjects have. The author is usually to be commended. I firmly have confidence in life design and this is a wonderful device for that. Visualize the decades before you to make your choices honestly and broadly--- to keep to work, or transformation to new work, to start and/or finish tasks and relationships, to discover and dabble with fresh locations and dedications. Trafford comes with an easy yet humorous way of making us look at what we've before us. A Must Go through for People Even Considering Retirement This is a glorius book about how and why to help make the best of your "bonus years. This book is anecdotally rich with real experiences and experiments in life design, like a catalogue of paths taken rather than taken, and most importantly, the how and the why. I examine once that only 5% of individuals in retirement even re-locate of state. And for that reason, frankly, we possess the chance to reinvent ourselves again and again. Most people will never be ready to chuck their existence and proceed to Wyoming, like a few of her exemplars perform. Those folks who are seniors need to be aware of this stage of existence and place energy into developing what we wish. This is simply not a period to relax and wait and discover what happens. My only reservation is that occasionally she goes just a little overboard.) This publication is very class specific and does not adequately examine the really difficult challenges provided by those extra decades. A good book Lots of advice. This is an excellent book about a significant subject. I would recommend any person nearing retirement to read it. Five Stars mainly because described, delived promptly. Enlightening This book woke me up to the realization that people all struggle with major life changes and that there are many options availalable. Interesting read. Trafford's approach is sort of a soft assortment of anecdotal stories about how some individuals adapted to those years. It offers a different perspective of pension years. I am 91 and I need this information. Well-written, compelling. Very well-written, with compelling case research. If you are searching for something concrete with which to assist you create a fresh identify

during those extra 20 years (50-70) that an extended life span has given you, do not look for it here. It is not about your 401K problems but more importantly it is about lifestyle choices. Anecdotal at best, nothing concrete. Gives you some food for idea as you enter the bonus decades. My Time I actually am really enjoying My Period. She quotes small supporting research, minimal tangible directions on overcoming problems such as for example new dangers when attempting to date, or age group discrimination at work. (Yes, you could have a new career if you consent to work for almost nothing because you already have money. Trafford speaks to this honestly and to the idea. It reads a bit like a assortment of fairy tales, some nice and some not so nice. Google search free articles on how to proceed if you can't figure out what to do on your own. Don't pay money for this book. It could suffice as a good afternoon thumb-through but that is a reserve for scanning, not deep reading. Eh!



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