

# *Young at Heart*



The Mature Woman's  
Guide to Finding and  
Keeping Romance

**Rachelle Zukerman, Ph.D.**

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## Young at Heart : The Mature Woman's Guide to Finding and Keeping Romance



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Finally, a book in dating and romance specifically for women over 50 This insightful guide is written for you personally, the mature woman who is having trouble finding a compatible man to date or who's currently in a relationship, nevertheless, you may possess burning questions approximately sexuality, body image, money, or communication. Includes dozens of suggestions for raising one's pool of potential partners, guidance on putting and answering personal ads, and tips and safety considerations for meeting men online. How can I be desirable? True tales that illustrate her factors will motivate you, including Dr. Am I looking for love in every the right places? In Young in mind, Dr. Right here are just some of the queries answered in Young at Heart: Who ever question me out (or how can I look for a man when I've low self-esteem)? Zukerman offers refreshingly honest advice predicated on her clinical, academic, and personal encounter on aging--advice which has worked for a huge selection of women in her many seminars and workshops. Should I look up old flames? Zukerman's very own story of finding a satisfying relationship and remarriage after her 51st birthday. How do you make love last? Is there sex after 50?



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Maturte Wisdon for the "Young IN MIND" Rachelle Zukerman has dedicated this book to me, but if I couldn't convey what follows in good conscience, I would have refrained from doing so. "Young IN MIND" can be an extraordinarily well-written book, especially within the genre of self-help books. Any mature woman who thinks she actually is trapped with a loveless existence will discover that it needn't be so. Zukerman insists that you examine your (and his) money attitudes BEFORE you get too involved (much less married). Any girl who reads this publication will find it readily applicable to true to life situations. A great way to give your love, lifestyle and get your daily life, love It is crystal clear that Rachelle Zuckerman has chemical that many writers of self-help books absence. It is a work that covers all bases, approaching its subject matter comprehensively. At last, a reserve that I love to give to my single women close friends! Zukerman imparts to this book a wealth of wisdom drawn from both her professional practice and personal experiences. Read it and boost your possibilities immeasurably of "locating and keeping romance" in your daily life. With practical ideas and 'bottom collection' summaries, she gives women ample tools to better your chances of looking before leaping, deciding how suitable you are before you allow chemistry dominate, practical tips on smiling, 'lingering appears,' and other ways to show you are both thinking about and interestING to the guys you would like to meet and day. It offered me hope, however wasn't polyanna, and really strikes me as an acceptable, safe, sane approach to to the frequently twisting paths of romantic relationships past age 50. Any mature woman who thinks she actually is stuck with a loveless existence will discover that it needn't be so. Use this book to give your love, existence and get your daily life, love. Just what a treat! Finally, what better endorsement will there be for this useful, easy-to-read book than the feedback I've already gotten from single close friends I have trained with to as presents? Her notion of having 'Yours, Mine, and Ours' checking accounts is definitely brilliant--I will suggest it now to all or any my couple clients! As someone who clearly fits this book's focus on demographic, I was half suspecting another preachy, self-help reserve. Zukerman gives you pragmatic methods to pursue the guy/men you're trying to find--from singles ads to dating services to internet sites to locate a lost 'first like' from high school. YOUNG IN MIND, however, is more than a practical guideline to dating." This publication is Great! We was impressed with the book's candor, honesty, and even humor. Yet her significant knowledge from academic life by no means detracts from the simple readability and usability of this wonderful guide to finding and keeping ever-elusive love in a mature woman's life. Keep it near your nite table for review. Zukerman's lectures in the LA area. Short stories and IMPORTANT THING Summaries make this book easy reading, beneficial and a MUST for the mature woman looking for appreciate. Her suggestion that ladies with children from previously marriages keep your mature kids in the economic details loop about your new romance is essential--I've seen happy lovers made miserable when children worry that He'll get THEIR money. "Young at Heart" by Rachelle Zuckerman, Ph. D. I've always felt youthful in mind even after turning 52. As a financial advisor who works with a lot of women who are solitary yet considering new associations or marriage, I find that cash issues could detroy what otherwise would be a wonderful brand-new romance. but hardly ever knew the ins and out of finding and keeping romance. Tom Blake recommended I read, "Young at Heart. Zukerman over a cup of coffee sharing things we had learned throughout our lives. I've examine it once, twice, and today again so that the communications become ingrained and spontaneous. I can't beleive how nieve and stupid I am about my human relationships with men. So, today I understand what my holiday presents will be this season for each woman friend I have! If you're a single, divorced or widow female approaching 50 or 50+ you've gotta go through this publication! This book was

recommended by a dear friend who had attended among Dr. Zukerman's book takes the dread, the dreariness, and the devastation out of dating, rejection, attempting anew, and finally honing in on a person you can appreciate, honor, cherish, and befriend in your later years. Zukerman Thanks a million for composing a book that women "redating once again for the first time can truly use!" This book is a winner!" "This publication gets a 10+ from me. Dr. Zukerman's many helpful tips for acquiring and keeping somebody are simple to follow and extremely useful. She also calls for the chance out of acquiring romance by making you accountable to put yourself where the males are and approaching them first--with course and better-than-good outcomes! I'm very happy that I took her tips and both purchased and read this book. This book has influenced me to use different techniques when looking for romance. I required this book! And yet her significant knowledge from academic life in no way detracts from the easy readability and usability of the wonderful guide to locating and keeping ever-elusive appreciate in a mature woman's lifestyle. Zukerman! Dr. Thanks a lot Dr. The prose can be sensitive, delicate, clear, and direct. Use this book to give your love, existence and get your life, love. AN IDEAL Gift for Your Single Women Friends! It is an inescapable conclusion from a reading of it that the author has a deep knowledge of human requirements and an enthusiastic appreciation of what goes into the making of audio and rewarding interpersonal associations. YOUNG AT HEART is a wonderful, inspiring guideline to mid-life women almost everywhere who are looking for a wonderful guy to share their lives. As a married friend to many singles, I've seen my women close friends despair of the dating process and present up altogether, convinced there are no great men remaining, or at least not ones they can find. Dr. Dr. Filled with unique and also common situations and relationships that may certainly make the mature female realize she is not by yourself with her desires and fears. Most of us learn by example, and Youthful IN MIND is sprinkled with genuine people stories about females who've made mistakes, tried again, and learned how to get themselves back again out in the romance arena. Zukerman, thankfully, teaches you that you don't have to be a gorgeous, perfect, fault-free female to locate a loving man. She believes highly in providing a first-date flounder another opportunity to 'wow' you. A terrific way to provide your love, lifestyle and get your life, love It is clear that Rachelle Zuckerman has substance that lots of writers of self-help books lack. It was as if I was sitting with Dr. It gets to the heart of what women yearn for in mid-to-later life--someone to share the reacquired independence after child-raising years are performed, someone whose personality traits complement your own, and someone whose feeling of adventure and interest have not only not diminished but can be renewed in the crucible of a new-found love with you. With the studied experience of a sociologist and her personal insights of a newly married female, who dated many years before selecting her soulmate, Dr. Zukerman suggests that you widen your watch of the type of man may be right for you personally. She details ways to focus on chemistry cues, 'love maps,' and lend an aura of 'lightness' to your dating design. Also, she offers with clearness, compassion and without judgment a decision-making procedure for appraising a potential mate who may not fit the mold--someone quite old, quite younger, or somebody friends and family tell you is not the man for you. Is there a vintage flame you need to look up? Are you not sure how to get your "I am searching for romance" message out there? I couldn't have been further from the reality! I think one of the best chapters in YOUNG IN MIND is certainly that on dating, mid-life romance, and cash.. The substance is particular, detailed, useful, and useful. Her 'Financial Compatibility Scoring' is a unique and useful technique--a must for those women who've found their intimate mate but have problems to resolve around finances. This book reads like a great discussion. You won't go wrong.! One widow, age 53, says YOUNG AT HEART has given her new

hope that she can move beyond mourning her spouse (deceased seven years right now)and commence to dust off her dancing shoes, show up for singles occasions, and see if another, incredible man exists for her. So many mistakes and mistakes. Actually, it might be a good book to give my single men close friends aswell! Think what they'll find out about picking up on cues from women who want to find romance with them!



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