

Don't Stop Now

Making the Most of the Rest of Your Life

volunteering
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behaviors
money
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passion
attitude
security
exploring
finances
love
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physical wellness
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women 50+

Jan Fishler, MA & L. Gianforte

Jan Fishler

Don't Stop Now: Making the Most of the Rest of Your Life



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Well written and personalized beautifully I look so ahead to getting into bed during the night with this reserve and a pen and doing all of the mind checks or mini surveys. The writers put factors in perspective just the way they phrase issues. And I really don't believe of 62 as "previous. Using a casual and engaging mixture of narrative explanation, stories from other women, interviews, and workbook-like issues, the introduction and nine chapters in *Don't End Now* cover the basics of honestly assessing who also we are at this stage inside our lives. Amen, Sisters! WHEN I turned 62 this September, I caught myself saying, "Well, I'm old," as some sort of half-joking excuse. simply no pressure, simply tender and kind hearts that keep your hands, to comfort and support you through any fear of change. Very enlightening and empowering! some of it dramatically impressive—but where perform we go from right here? Or both. Obviously I needed an attitude adjustment, or a tune-up of my sense of self. So when *Don't Stop Right now*—a slim volume that promises to greatly help us 50-plus-year-old women take full advantage of the rest of our lives—landed in my own mailbox, I figured it had been a sign. Or at least a feasible resource. I've learned never to turn down such opportunities when they present themselves. Fishler and Gianforte make it clear in advance that *Don't Stop Now* is more like a discussion with a bracingly honest, wise, and sympathetic friend when compared to a book that claims to fix you: "Let's be honest here, ladies," they write in the Preface: "[W]e're in the second half of our lives and it's really probably the most confusing era we've ever experienced. We've accomplished a whole lot in our lives—a lot of it sweetly, satisfyingly mundane;" Where was that self-deprecating comment via? ...If you are ready for a genuine look at who you are in the second half of your life, and if you are searching for tools and resources to help you figure out what's next and ways to get there, pick up a duplicate of *Don't Stop Now*. . Courage isn't the absence of dread, rather a love for personal that propels one to walk through dread.. We want to continue being involved, excited, and enthusiastic about life in methods which have meaning to us and to our loved ones. I found myself nodding and smiling at some parts of the book, stopping to believe at others, and laughing out loud or shaking my mind in sympathy at some of the stories. I recommend this as an excellent Holiday gift! The chapters cover physical and emotional health, finances, relationships, habits and behaviors, appearance, learning, and giving back to our communities. The last chapter carries a section known as "Creating Your Plan" for pulling together the action steps from the previous chapters into a month-by-month strategy. Amen, sisters! Plus they do it without being patronizing; What I realized as I worked my way through the reserve is that I am fortunate: I'm not really perfect, but I am in generally very good condition physically and emotionally, and I'm more comfortable with the person I've become, wrinkles, silver hair, and all. This publication manuals you toward self-love, after that gently nudges you to do something onto it. Our generation grew up on sex, drugs, and rock 'n' roll, and many folks who survived still involve some of that wild energy to burn. Everything you learn may surprise you! by Susan J. Tweit for Story Circle Book Reviews reviewing books by, for, and about women A heart warming cup of tea! Reading this book is similar to enjoying a long afternoon tea with two best friends. The authors artfully tell stories of women who struggle through, then triumph over, tough circumstances. It really is like hearing to best friends posting their wisdom of existence; except in this instance they offer action steps so you can stick to their cue. I didn't encounter any earth-shaking surprises, but my answers for some of the assessments amazed me, and I marked those to consider even more. I think of myself as a self-aware person who is generally good about coping with the things I can't transformation and changing the types I can.. I also recognized that I do not feel old, and I am not going to use that excuse once again, half-joking or not. Like a good cup of tea, remember to savor it. Kweethai

Neill, PhD., Chief Catalyst for Modification, iHealth Middle for Integrated Wellness and author of Hypnotherapy, An Choice Way to Health and Happiness.



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