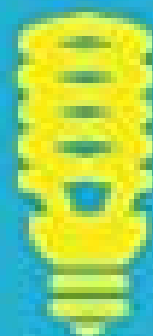


"Who do you want to become now and how will you make it happen? Read Live Smart After 50! You may discover your answers." — JANE PAULEY, Emmy-award-winning journalist and AARP host of TODAY show's Your Life Calling.

LIVE SMART AFTER 50!



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LIVE SMART AFTER 50! offers friendly, focused, forward-thinking and action-oriented help. It provides lucid, motivating responses to the problems of maturing in the 21st century: the data and tools to shift attitudes, upgrade skills and shape a good map for another of protection, wellbeing, meaning and fresh possibilities. In a distinctive collaboration, thirty-three of the nations top specialists in life setting up and positive aging distill the most significant issues. From finding function, community, creativeness, purpose and legacy to funding your dreams, making sure your voice is normally heard, anticipating the challenges of aging, and coping with purpose and vitality, LIVE SMART AFTER 50! The Professionals' Guide alive Planning for Uncertain Times can be a welcome and important handbook for anyone at midlife and beyond. is a companionable guideline for planning and finding your way through the second half of life. Abundant with practical experience and wisdom, self-exploration exercises, and diverse resources, LIVE SMART AFTER 50! It can help readers get the big picture, identify and reduce risks, expand options, and prepare to take advantage of rather than dread the future.



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Every "baby boomer" needs to read this publication and the ..It's abundant with content and exercises capable of helping each reader progress in a way that is enlightening, entertaining, and empowering. The adage can be "an ounce of prevention is worth a pound of get rid of. We are the first generation that has a second life after what used to be pension. And what a difference we are able to make. But we have to have a plan and this book will assist you to build it. I found many areas of living much longer an eye opener that got me off my butt to insure a plan is set up. This publication deserves about 15 minutes of your time, at best. I know what I have to maintain my wellness, remain active, protect my mind, and feel at my best as I grow older. Also, a Kindle can be an electronic device utilized to reading books ... I am obvious about my choices for continued function beyond midlife, whether for income, to remain active, or to use my abilities for a good purpose. Light reading and even more 'food for thought'...:) Skip Practical Guidebook for Positive Surviving in the Second Half of Life This is an excellent companion book for AARP's new lease of life Reimagined, by Richard Leider and Alan Webber. Leider also endorsed it with the statement: "This book reveals effective and purposeful methods for living a genuine, smart life. gives readers many practical tools, information, and follow-up materials from professionals in a wide spectral range of related fields. I love the Life Setting up Quiz, the ten framing queries in the very beginning of the publication that help steer visitors towards the chapters that are the most useful... The information is easy to understand, well-organized and hits on the main element topics to create your movement beyond 50 a period that you could choose to check out your dream, or find the next challenge. I could name ten people (spouse or partner, family, friends, neighbors) I can depend on for intimacy, friendship, and support. Each one of these topics can be given its chapter to be able to zero in on the regions of your daily life that you most need or need to tackle right now. Get the publication on your own Kindle and go through it. (Answer: most evident, somewhat true, just starting out, never) - pertains to Well-Being forever chapterThe seven additional queries of the life span Planning Quiz steer readers to chapters on area, values, creativity, legal interests, money matters, and lifestyle lessons.The book is co-written by an incredible band of members from the Life Planning Network, which several experts contributing to each chapter. The reference components are excellent. Richard Leider and his seminal "Aging Well" reserve, Repacking Your Bags, is mentioned several times in this reserve as well. The co-authors of Existence Reimagined address the picture as a whole of reimagining one's lifestyle in the next half, but Life Smart After 50! Don't move 50 without it?" As a 50s-something, this title deserves a frequently accessible put on my home bookshelf for decades to arrive.David Marshall, Moraga, California Biased, and well intentioned. First a disclaimer and full disclosure: I am a Chapter Co Leader and Contributing Author (one of 33) of "Live Smart After 50!" Having said that, my viewpoint and responses may be just a little biased, though my intent is to provide potential readers with a target overview located in firsthand experience with the book, a lot of which I did not see until the publication was released. As another reviewer defined it, this book is mainly fluff. And there are a variety of great exercises in the appendix to assist you clarify where you've been, what your location is now and/or where you will need to go to experience joy, indicating and purpose in this all-important second half of life. Every "baby boomer" needs to read this book and the various other publications targeted at our demographic." This reserve provides a meaningful intro and stepping off point for individuals looking to take full advantage of their futures while avoiding potentially costly missteps, no matter their means.. Recommended. Excellent Reference or those looking for what's next once they reach 50 That is a wonder resource to anyone who is 50 or over. as the book-of-the-month for our transition-focused book band of the Chicago chapter of TTN - The

Changeover Network. Food for thought Most if us in our 50's get our "second wind" with regards to wanting to do more meaningful things. The book is filled with ideas, personal stories, resources and advice from numerous experts in their respective fields, all associated with the life span Planning Network. Topics range from financial planning and legal basics to optimizing health and fitness for longevity, from surviving in the today with productive work, rewarding leisure, engaging romantic relationships, and a positive home environment, to living and departing a legacy. (Response: very true, somewhat true, just starting out, not at all) - pertains to Romantic relationship Dividend chapter3. This content addresses the inner dimensions of ourselves, the outer dimensions of the globe we live in, and the controlling the uncertainties of getting into a phase of life characterized by trepidation. In fact, our TTN group discovered the book very relevant to the numerous and varying regions of life transition which have been impacting a lot of us. Mainly we all have to make the best of it, regardless of age. for the next couple of months, one chapter/topic monthly, so that we can fully explore all the great exercises, information, resources and wisdom offered by this reserve. We recommend it extremely. Great Resource and Preparation Guide for an extended and Better Life We picked Live Wise After 50! Many great tools, exercises and info are contained in the reserve and it has turned into a go to resource for me. (Answer: very true, somewhat true, just getting started, not at all) - relates to Work chapter2. As our group is comprised of women over 50, in various stages of life's adjustments in the second fifty percent of our lives, this publication spoke to us all. This book is wonderful for some ideas. Because of this, we have made a decision to concentrate on Live Smart After 50!. Five Stars AAA+++ Five Stars Great websites included Five Stars An extremely dense and helpful material for professionals Well conceived, valuable information for the individual transitioning into .. Examples include:1. Well conceived, valuable info for the individual transitioning right into a retirement career. I especially found the evaluation in Appendix C, Clarifying Casing and Community Preferences, to be useful, but each assessment in the publication provided profound insight. Five Stars A great book of ideas and guidance for older adults. Not worth the amount of money or the time Have you pointed out that many of the five star critiques were submitted by author/experts whose function is roofed in the book? And its own never too late to start. as it presents in unevenly-created chapters all The Usual Wisdom about innovative aging. The book is an excellent resource for those thinking about making the most of their future, while providing insights to effectively minimize missteps that can prove frustrating and sometimes be irreversible. Sorry I fell for the five-star promotions.



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