

MIDLIFE MANIFESTO



JANE MATHEWS

A WOMAN'S GUIDE TO THRIVING AFTER FORTY

Jane Mathews

Midlife Manifesto: A Woman's Guide to Thriving after Forty



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The world provides underestimated what we midlife females can handle. "At the crucial halfway point, do you want you had your own manifesto to reassert your passion and place on the planet? Have you ever looked at your life and wondered "is usually this it? Conquer midlife crisis with this step plan and become the magnificent midlife girl you are!" It is never, ever, too late to change the training course of your daily life. Hilarious, insightful, and encouraging, Midlife Manifesto throws the limelight on the untapped potential of midlife females instead of obsessing on the struggles and crises that include the 40s and 50s. Whether it regards financial independence, personal style, romantic relationships, health, spirituality, or making your home a sanctuary, this personal information will inspire you to attain the transformation you deserve and create the plan to make it happen. Sharing her own ups and downs with candor and wit, Jane Mathews, who is still navigating but also rising above her personal midlife crisis, offers a one-stop store of ideas and assets to motivate you, guide you towards what does work, and offer you with a well-curated toolkit to create a blueprint for your own future. With to-do-lists, tips, quotations, and pages that you should actively create on and patch together the real you, every reader will interpret the book in different ways, creating their own midlife action plan.



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Helpful guidance for learning even more about you The first part if the book is effective and insightful. Also provided questions to ponder, which I thought was incredibly useful in my situation. The rest of the book is effective and is peppered with educational guidelines many of which are very basic in nature. A book for any age This book is tremendously insightful, positive, and filled up with helpful pointers for an excellent life. Love the humor Loved the humor supplied especially when looking at one's life. I came across many bits of wisdom of use if you ask me, and I am in my sixties. Five Stars a wonderful book, a must reading for women after 40 Five Stars Good read. I want it wasn't therefore narrowly focused. The reader is given some thought provoking queries and encouraged for more information about her as an individual and to make a life strategy. Five Stars Great Book! Five Stars As ordered many thanks. I would like to provide this publication to my girl and daughter-in-law, both within their mid-thirties, but am afraid they might take criminal offense at the name. Sparked good reflections.



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