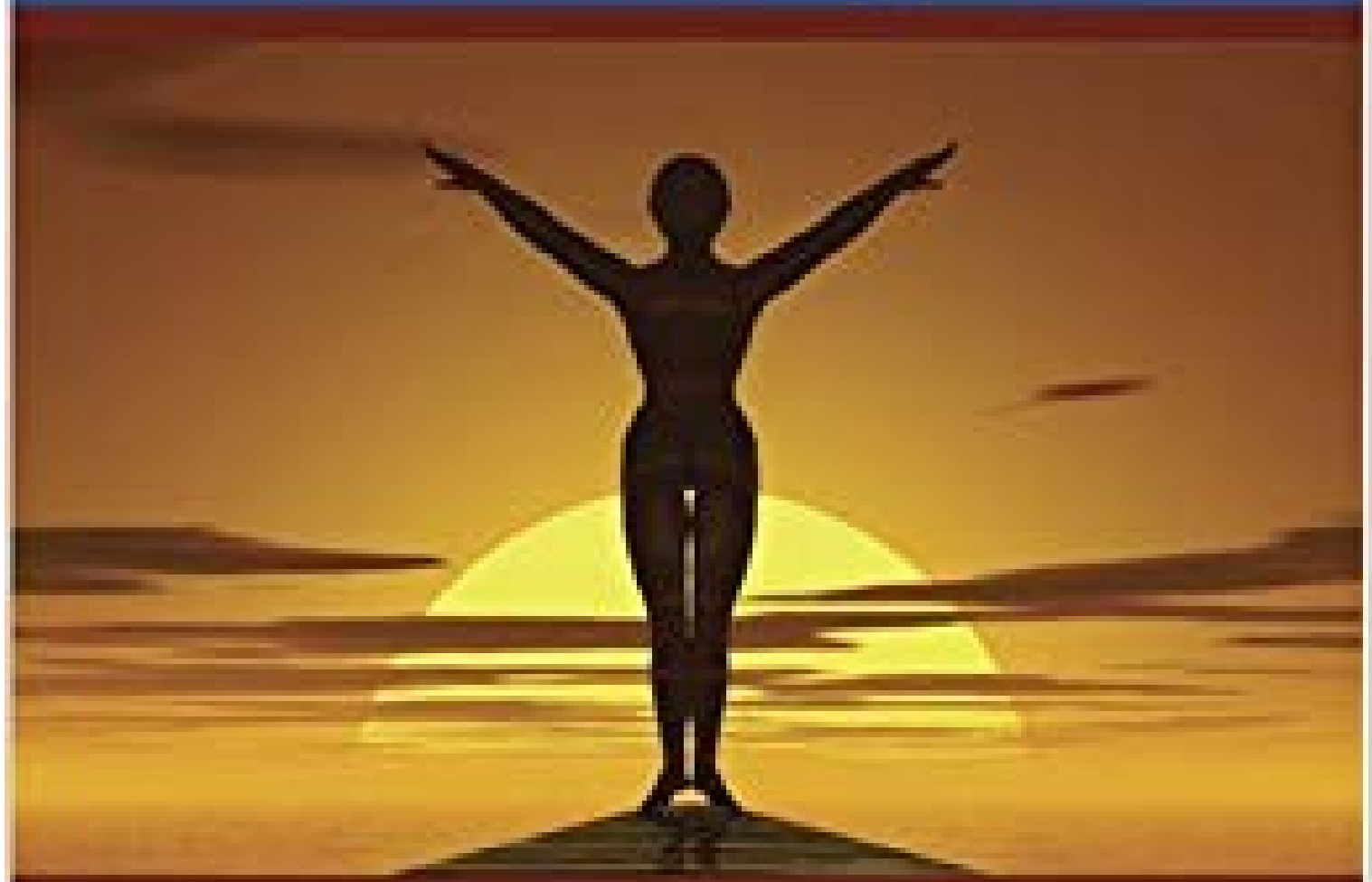


# The Next Fifty Years



A GUIDE FOR WOMEN AT MIDLIFE AND BEYOND

Pamela D. Blair, Ph.D.

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## The Next Fifty Years: A Guide for Women at Midlife and Beyond



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A Must-read for ladies 50+ Thought-provoking, in depth, and chock filled with pertinent information, Pamela Blair's book is an invaluable instruction for the girl crossing over to midlife. The reader can explore every aspect of what lies ahead for her as a mature woman in 150 short essays that range from cultural attitudes and myths about maturing women to such practical matters as health, finances, and relationships. The writer poses questions by the end of every essay to that your reader can respond to by journaling correct in the book, making it a highly personal experience. Second the information is a wasted expense. This book is the perfect companion for the woman who wants to better understand and type in celebratory style midlife and beyond. I must say i wish I could get my cash back upon this one. Very good advice and I would recommend it to anyone. Five Stars love it Not very deep My 50th birthday occurs just around the corner and I was seeking a publication to give me a preview of the new chapter in my life. This book proved to, probably, be intended for older women. First it's too large - web page size. It addresses the topics in a superficial way, almost too merely. This came as a disappointment if you ask me, as I wanted something that more completely covered the essential topics of middle age for ladies. The chapters were very brief and didn't dive deeply into the material, unfortunately. Here's a good example: "Adopt a pet from a pet shelter. It will love you unconditionally. Thumbing through it I was glad I purchased it I honestly haven't embraced this book." from a chapter about living by itself.- Chloe Jon Paul Too Long Lots of good information but just Too much time and cumbersome for practical use. An excellent tool, would recommend! a little dissapointing I ordered this book a couple of years ago and only now making your way around to reading it, possibly the reserve is showing its age! Great Book Good book for someone with aging fears. I'm about halfway through, a whole lot isn't applicable to my scenario, so skipping chapters. I'm sending it to my girlfriend, who turns 50 in April. Desire I possibly could get my money back. I'm 68, happily wedded and fit, (blessing) so found a lot more inspiration and interesting content in Younger Next Calendar year for Women. I'm finding the quotes and references for other reading more useful than the actual content. Answers the questions. You can find 16 sections each including numerous lessons. I turned 50 in February. Excellent read. I purchased many books on "turning 50 etc." This is actually the BEST. Just a little predictable and conservative for me personally. It is a book about reality and the near future and true people. Browse it you will notice you aren't alone. If you're allergic to household pets, buy yourself a stuffed animal. Thumbing through it I was happy I purchased it. Not for me I don't like this book at all. Much old! As an added bonus, a study guide is provided by the end of the reserve for women who wish to meet in debate groups using The Next Fifty Years. Halfway through, and not finding a lot of new material. Excellent resource! I came across this book to end up being very well written, an easy task to follow, combination text/function publication organized to perfection. Too bad.



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