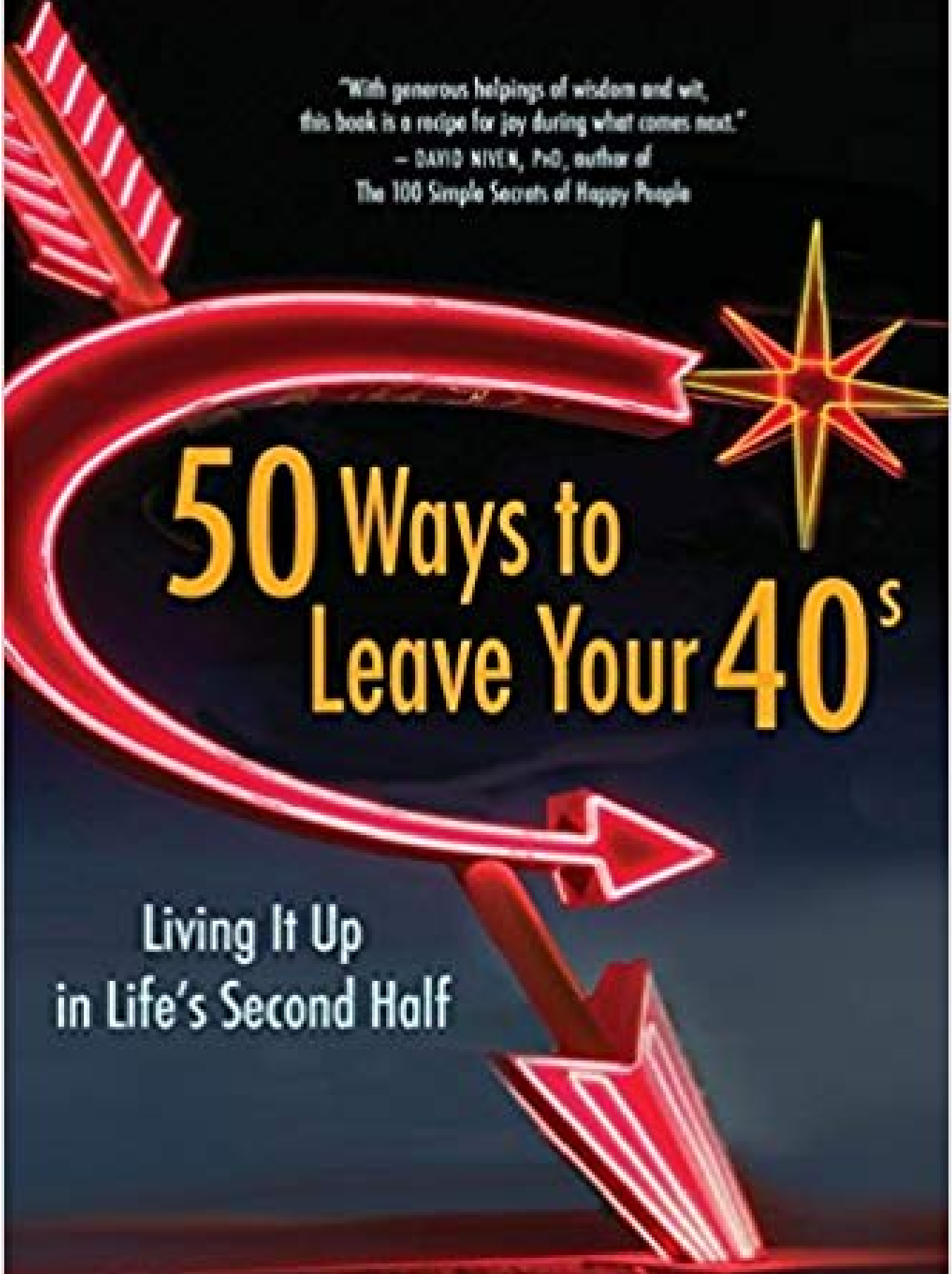


"With generous helpings of wisdom and wit,
this book is a recipe for joy during what comes next."

— DAVID NIVEN, PhD, author of
The 100 Simple Secrets of Happy People



50 Ways to Leave Your 40^s

Living It Up
in Life's Second Half

SHEILA KEY & PEGGY SPENCER, MD

Sheila Key

50 Ways to Leave Your 40s: Living It Up in Life's Second Half



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s as chock-full of useful and entertaining gems while your life is filled with memories, regrets, dreams, and possibilities.re approaching that huge milestone with less than your usual birthday enthusiasm, open this publication to discover all the ways in which turning fifty could just be the best thing yet. It' As Sheila Key writes in the introduction: "But also the easy joy of having lived this long, to be able to look back again over five full years and ahead to who-knows-how-many more;ll hear among these webpages may be the irrepressible rustling of joy "joy plenty of to make you bust out laughing, sure, and the kind that comes from improving your mental outlook and physical behaviors, even slightly.What Peg and I am hoping you' not to mention..the joy of living more mindfully in the ever-present Now.."Bursting with anecdotes, activities, "things to try at least once," assistance from a savvy doctor, and clever ways to remember everything, this little volume sparkles like a treasure chest. The authors share a wide range of ideas to make this major life transition a period of opportunity, development, and celebration.If you'



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He thought that it is extremely cool. This was for my daughter so I haven't read it. But she appears to be savoring it! A fun browse; I couldn't decide between a gag or sincere one, then I found this reserve. It was perfect: funny, serious, happy and comforting. She adored it, started reading right away! Consummate Achievement! Written by Sheila Key in a folksy, colloquial style, it imparts great wisdom to those that would like to know how to appear at their 50's and beyond as a period of fulfillment and pleasure. What a consummate achievement this publication is. It was well received. I like the "doc in the package" feature - it provides intellectual and believed provoking elements to each one of the "ways." I highly recommend you get this book and enjoy! Inspirational and excitingq I actually originally bought this book for a pal (she's 6 months more than I). Didn't get yourself a chance to crimson it before gifting it though! Just what a great reserve. Haven't trained with to her yet. A great approach at going over the hill! Five Stars GREAT GIFT 50 Ways to Keep Your 40s: Living it Up in Life's Second Half I bought this reserve for a 50th birthday gift. Do yourself a favour during your "middle ageing" crisis! He has been savoring reading it! I wouldn't highly recommend the book. Funny and charming Bought this for my mom's 50th birthday. Some interesting info The authors present some creative ideas, but I wasn't enthralled over the book. Well received Gave this as a gift. Peggy Spencer also do a great job. Both recipient and I found it interesting at first glance. I loved it so much from what small I read, I purchased one for myself. Funny, inspirational and a genuine guidebook for another half you will ever have. If you know someone dreading turning 50, just have them this book. It is filled up with both humor and practical advice. I liked just how it had been organized into "Heart" "Mind" "Body" and "Soul" sections. The Doc package and the movement and activity prompts had been great! M.J. Evans, Writer, North Mystic, Behind the Mist and Mists of Darkness Gift Purchase Purchased as something special for my daughter's 50th birthday. Everyone should buy it!



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