

*dream it  
plan it  
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# MIDLIFE MANIFESTO

**JANE MATHEWS**

A TOOLKIT TO PLAN THE REST OF YOUR LIFE

*Jane Mathews*

## Midlife Manifesto



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Have you ever viewed your life and wondered "is this it all? Sharing her own good and the bad with candour and humour, Jane Mathews guides you towards what does work and gives a well-curated toolkit to greatly help compose a blueprint for your own future. From health, monetary independence and spirituality, to relationships and making your house a sanctuary, that is a one-stop shop of ideas and assets to inspire you, the magnificent midlife woman. Midlife Manifesto will motivate you to achieve the transformation you are worthy of and create the plan to create it happen."



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humorous but sincere walk through our midlife needs and is normally a joy to learn Jane Mathew's reserve Midlife Manifesto is a gentle, honest, humorous but sincere walk through our midlife requirements and is a pleasure to read. Her frank and helpful narrative manuals the reader to become the author of your story, and to take a breathe on the way. I also bought this in both paperback and kindle copies therefore i could have it at hand for easy reference. "Needless to say, this makes so much sense" . I hope there is another one on it's way quickly! loved the book inspiring read, addresses a vast selection of topics all very useful and additional reading options were noted. treasured the book, so happy i wrote the name down when i noticed the abc review. Taking advantage of it That is a gem of a book - on many levels. I hope the author keeps writing even more. (Discover what I did there?) Practical and instructive, laugh aloud funny, piercingly insightful, emotionally resonant, honest and above all inspiring. Wonderful read! It covers Love, Existence, Labour and Lucre. Each time I open up it I find something useful, unexpected but obvious. Just ask the Wookie. (Read it and you will understand). Important information for everyone of middle age, but delivered in such an entertaining way that you truly don't want to avoid reading! this book can be your best friend. NOT your regular self help book- I cherished it I hate personal help books, but I loved this publication. couldn't put it straight down. Important information for everybody of middle age Wonderful read! I was constantly eager to open it and continue on to the next chapter of Jane Mathew's funny, spirited, and from-the-heart undertake midlife and it's sometimes bumpy street. she's got this laced with thoughtful, realistic solutions. It's also a GREAT book golf club choice. Ms. Mathews has got a brilliant writing design that drew me in instantly; Keep this Manifesto on your own shelf because the go-to from the kind-hearted understanding friend who's generally there to lend you a hand. Kudos to Jane Mathews! A must read--I can't await her next book. Loved this; Mathews writes beautifully, is pragmatic, funny and enables you to think. This is an excellent read for anyone---at any stage ---but especially if you are born before 1980 it helps you put another lens on life. Strongly suggested. It got me off my proverbial and got me sorting stuff out that were hanging around on my psychological and physical 'to perform' lists for ages. It became my sweet-perfectly-sized-little-pink-friend that I carried all over Manhattan on the buses and subways. Jane Mathews is excellent; What's clear here's that "she gets it". An excellent first book, looking forward to the next.



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