

LIFE

REIMAGINED

*The Science, Art, and
Opportunity of Midlife*

BARBARA BRADLEY HAGERTY

New York Times bestselling author of
Progress of Sex

Barbara Bradley Hagerty

Life Reimagined: The Science, Art, and Opportunity of Midlife



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It's a myth, an illusion. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology - as well as her own tale of midlife transformation - Hagerty redraws the map for folks in midlife and plots a fresh course forwards in understanding our health and wellness, our relationships, even our futures. A dynamic and inspiring exploration of the brand new science that is redrawing the upcoming for people within their 40s, 50s, and 60s for the better - and once and for all. New scientific research explodes the fable that midlife is definitely a period when things begin to go downhill for everyone. In fact, midlife can be a great brand-new adventure, when you're able to embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is approximately renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform how you think about the world and yourself. There is no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book.



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Good advice for all those in midlife (and intelligent and well-off) This is a well crafted book by an accomplished author. Needless to say, it will only have "wood" not plastics, fiberglass, etc. Why I liked the reserve: - * Well written tale that seamlessly combines personal experience, interviews and overview of research and other writing. * The material spoke if you ask me personally - I'm 58 - and the suggestions and ideas came across as sensible and thoughtful. What worried me about this book: - I had the same issues with this reserve as I did with Lean In by Sheryl Sandberg; Lean In and Lifestyle Reimagined are books written by highly educated middle class (at least) white people; The examples distributed by the author of her existence and the lives of her family and friends are particularly grating. I imagined it will be conveniently relatable to my own existence and the tales of others would make me experience an iota better about obtaining "old. Hagerty does acknowledge the effect of economic situations on life (those that just work at Lowe's for \$10 each hour, or who have lost their homes through foreclosure), but the bulk of the book is implicitly focused on anyone who has the intellect, educational history and time open to reflect that a minimum financial base allows. Therefore in a feat of great psychological daring, "L and her hubby sold their home and bought a new one WITH ENOUGH SPACE TO BUILD A POOL HOUSE. Somewhat, this is a book aimed at those of us who have the first 4 degrees of Maslow's hierarchy of wants sorted out and may spend time on "self actualization". FABULOUS book." But it simply fizzled for me personally. "Dave's life looks enviable: He's wealthy, with a beautiful wife and 3 outstanding males educated at Yale or Princeton". Dave can be used as an example of a "fresh type of generative phrase, one that accords with the definition I am advocating for folks in midlife: targeting a problem using one's unique talents and resources". Interviews (cherry picked) which would go to pages and web pages of verbal vomit. helping to discharge middle east hostages. I would have preferred an example more relevant for the "common" man or woman. Fortunately for myself, I am well educated and moderately well away, so the message of this book works for me (with an occasional question mark) How more tone deaf can this book get? How even more tone deaf may this book obtain? The publication ends with a conversation of the 'bravery' of people making mid life profession changes and has the particularly egregious example of a Philip Morris attorney who spent her profession working in Hong Kong and Switzerland defending tobacco and then after literally getting wounded WHEN HER HAMMOCK BREAKS, bravely decides to change careers. It was a pleasure to learn this book! It seems like there might be some flaws in the studies that show people are MORE happy and happier making use of their lives after their 40s and to their 50s. Who are these people in these studies? Let me guess. Personal selected affluent university educated people with lots of time and money on their hands who think it is interesting and entertaining to participate in studies about their mental and emotional health. And I question myself those same queries. And that sentence describes everyone my age that I know, but not anyone used as an example in the book. and I consult myself how relevant the tips and solutions offered are for the battlers of society. These folks make 6-7 figures, can pay for, existing professional success and time and energy to change careers, follow their bliss, work for charities, take part in athletics, continue RV excursions. Sure, it is focused on a certain demographic (educated, financially steady) but that doesn't mean it generally does not have significant amounts of worth for those folks in that demographic. A book worthy of that's worth making the effort to read. The focus on attitude, purpose and not being on autopilot really resonates. That concerns me. I haven't sensed the need to tag up a book in age range, but I read that one with a pen in hand. ARGHGH I wanted to really like this reserve, and I did at first. Nevertheless, I offer it 2 stars because it helps me remember that all I could control is usually my attitude. (I just laughed again at the absurdity of your dog pool example! I'm very glad that I took the time to read this excellent and compelling good article.) I am living my entire life with purpose, and within the tiny window of choice I've over my situations choosing to be thankful for what I have. Simply don't read this publication in case you are feeling at all vulnerable, exhausted, overworked, financially insecure, overwhelmed or trapped in the middle of middle age. It will only make you feel worse. Also, details on what we are able to do to get ready for an "involved" post-employment period will ideally stave off dementia and contribute to quality of life in twilight years, they are essential topics and it's caused me to start conversations with other people who are in midlife to ask - how do you want to stay engaged? The links between body and mind are talked ... This book impacted me on many levels. At 54, I hit a wall about 4 years ago. This was throughout a time of juggling a job promotion, a very ill mom who needed my period and interest, a teenage child who also required me also, and completing a Bachelor's level

that I experienced chipped apart at for over twenty years (and wasn't willing to quit..again).. I had my first panic attack which was a genuine eye-opener. I've been doing a type of "crisis" evaluation for the past few years which book has shed plenty of light into the shadowed corners. First and foremost, I appreciate the science and analysis cited in this publication. I've read about the amygdala for a long time, but it's only with this book that I've arrive to comprehend how it interacts with various other parts of the brain. There's so much in this reserve that I love. What are your programs? I'm guessing that folks raising challenged children, financially assisting ailing parents, functioning multiple jobs and dealing with physically or mentally ill spouses while their own health is gradually deteriorating don't get called on frequently to go over their lives. It seemed like the author took upon this project to resolve her own midlife crisis and brought the reader along on her behalf personal trip. The links between body and mind are talked about a whole lot. I've recommended it to several friends and plan on buying copies to give to others. (But I didn't because it's a library reserve, sorry Amazon). I hardly ever look at a book "5 celebrities". This is simply not yet another pop-psychology book where the author promotes a cliché as the solution to lifestyle's problems. Rather, this book looks examines what scholarly study can reveal about ourselves through the middle years of our lives. However, the author doesn't provide us graphs and data, but a compelling narrative where she shares her personal story and the ones of various other fellow travelers she encounters while researching the publication. It's the tales that attract the reader, providing us recognizable reflections ourselves. Enraging and hysterical simultaneously. Inspiring read about midlife pivots and purpose So much food for thought in this amazing book about the things we can carry out to improve the quality of midlife, with benefits that stick to us to the finish of our times. Explains what people proceed through with exceptional scientific research. I've suggested this to so many people already! Midlife-crisis is a nonstarter for most people! But simply because I browse it, I acquired a lot more irritated. Thank you Ms Hagerty for writing a book for folks in their forties, fifties, and sixties! And thanks a lot for debunking the mythical mid-life crisis! Not What I Hoped I thought this reserve was just what I needed and We eagerly anticipated finding insight, fact-based knowledge and psychological support. That's a issue Hagerty asks when she refers to the market of National Community Radio in the US as "highly smart and mostly white" , but goes straight on to mostly speak to that viewers. Her brother Dave is the owner of The Atlantic. There's so much in this book that I really like. She cites several research studies, some of which are pretty interesting, and includes stories about others, but mainly it felt enjoy it was a me me me publication. I must confess I didn't surface finish it. Utter garbage Asking a journalist who is affluent or at least well connected (not really a fault of her have), to create about mid-life is like asking a carpenter to create a chair. Liked what the author had to state and read it on the Easter weekend. Dave generative phase is admirable; This happened and that happened. I'll never recommend this reserve to a common guy/woman. Stay away! This is not helpful book. Everyone in midlife might use this increase! One component that Hagerty could have gone out may be the section on her brother. Everyone in midlife could use this increase. Barb's sharp writing, good humor, and scientifically-grounded look at the practices that will help push away the negative impact of aging will inspire you to cherish friends and family, discover your purpose, and stay energetic, and it's done in that warm, non-judgemental way. Very uplifting book that provides great wish for the future to somebody experiencing midlife issues. Great research on how best to make the late midlife and after midlife years end up being top quality and enjoyable. Like the audiobook so much I purchased the hard copy so I can reference key studies and information. But I loved this book I don't review lots of books. Life Reimagined is an extremely interesting and well-done publication. But I adored this book! Interesting mix of research results, memoir and self-help." And then started a business performing POOL THERAPY FOR DOGS. The Meaning of Work chapter especially made me want to throw the book across the room. I felt that this book spoke right to someone in my generation and I intend to make reference to it (and try to adhere to its guidance) in the coming years/decades. Five Stars One of the most engaging and relevant books I've read! Essential read if you are age 30+.



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