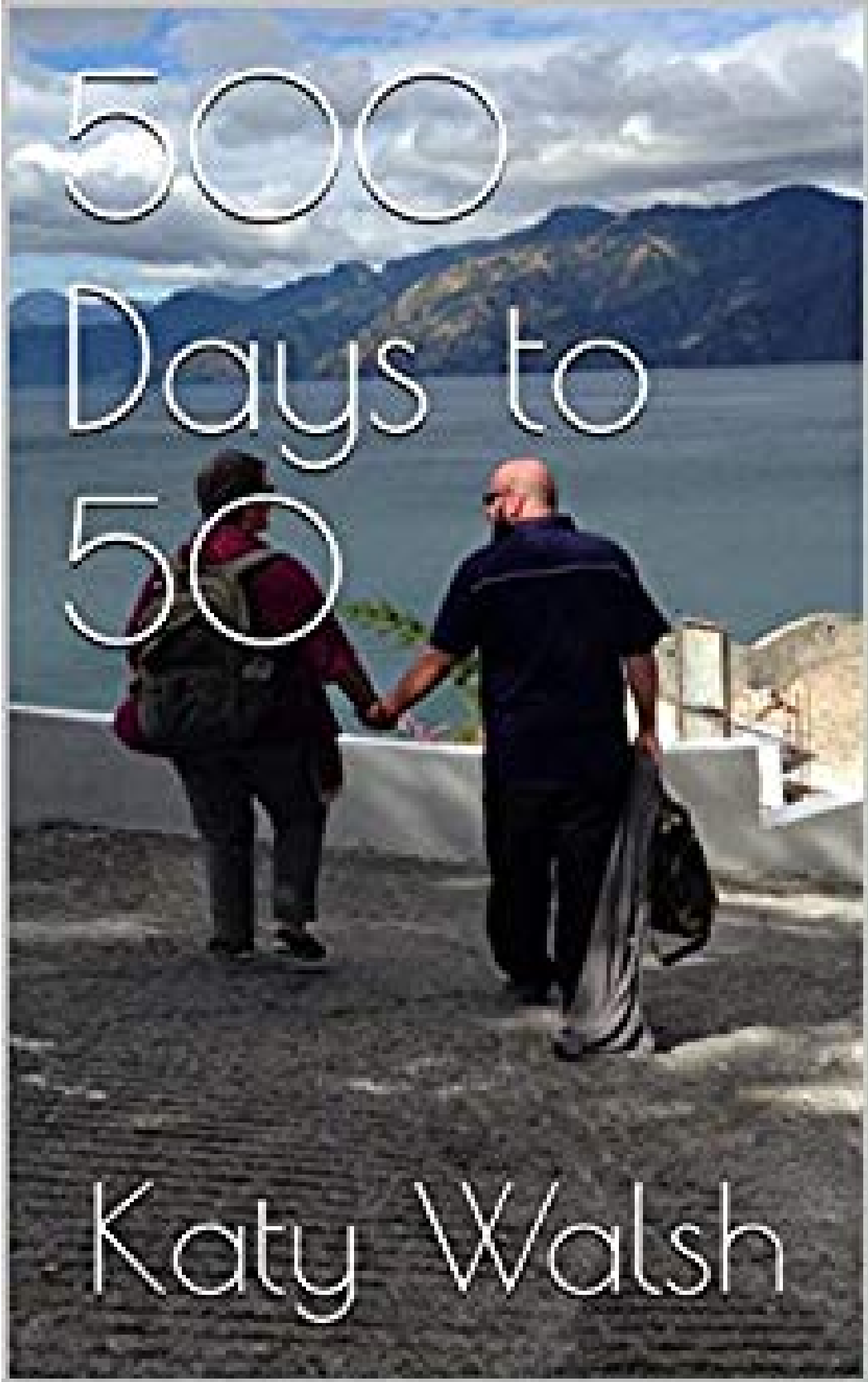


5000

Days to

50

Katy Walsh



Katy Walsh

500 Days to 50



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I was freaking out about turning 50. I talked about nothing of consequence. Because I love talking out loud to solve problems, I made a decision to blog about nearing the 1/2 century marker. In August 2012, I started a blog called 500Daysto50.com. I basically wrote about the normal life of an ageing, overweight spinster. It was looming out there in a less-than-two-year distance. It was just existence happenings over a yr and a half. I rattled on about perimenopausal gushing and chin hair. I proved helpful through grief from the deaths of a college buddy and a brother-in-law. The mind-body-spirit connection is important to me. I needed to get comfortable with aging. I had a need to know how I'd handle gray hair so I shaved my head. I took a 500 day inventory of my entire life. During that hairy experience, I then found out I was fine being gray. The colour didn't make me feel just like an old lady. I consciously investigated areas of my life. Within my 500 time contemplation, I used yoga exercises. I made a list of things to do, do them and wrote about it. Plus, my own body was getting more and more rigid. My stoner phase was contained compared to that 1 day. I now frequently practice and study yoga exercises. I also dared myself to do things that I was interested in like obtaining stoned. I made a decision to have that experience before I strike the fifty mile-marker. I experienced smoked pot several times in my life and never been high. In the aftermath of a hysterical pot cookie consuming party, I was depressed for a couple times. I didn't just like the actuality of what rises, must come straight down. I wanted to accomplish something to build flexibility and strength. It offers nuggets of insight and humor for those maturing out of their youthful existence.ve since stopped dying my locks. This publication is composite of most those blog articles. I got it down to its natural gray-shaded roots. At some point during that 500 day evaluation, my life began. I mused about the past intertwined with the future. Before I turned fifty, I pushed myself to explore, to embrace, to experience.



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Five Stars Excellent composing with an open, honest perspective that is both refreshing and inspiring. Grabs you from the initial page! An engrossing and thought provoking mini-memoir which makes you treatment about the author while making you examine your very own thoughts and emotions about living your very best life. Honest, funny, refreshing & Ms. Her musings and observations are honest and funny no subject matter is off limits. A standard enjoyable read. 500 days well-lived. I hope I could do it so well! Through it, I am happy, unfortunate, humored, reflective, regretful and inspired, but definitely touched by each day. Well done! I'd like more. Well done! thought-provoking Katy goes on a 500 time journey and invites the reader be there beside her. Walsh's introspective piece is usually a fascinating look into the issues and triumphs of the maturing procedure. Loved following the daily musings of Katy. Magnificent read! Good Life Lessons Aging could be scary. This author offered us insights into her personal trip to 50. I don't read much nonfiction but i loved the thought of this chronicle of a slice of Katy's life. sometimes funny while at various other times though provoking An interesting glimpse into the daily reflections of a female approaching 50; sometimes funny while at various other situations though provoking. It's a refreshing and thought-provoking go through. Great read! thanks Very self revealing but still fun. Two thumbs up! Embrace the book? Definitely beautifully written! Loved following the daily musings of Katy Great read! I especially enjoyed the anecdotes and the psychological roller coaster that they induce. Touching, funny, thought provoking. Inspires each of us to enjoy our trip and embrace each minute. Much to take into account and understand another's thought processes.



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