

JOURNEY TO

50



How to Live with Gratitude,
Grace and the Effects of Gravity

Laurie Russell

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Journey to 50: How to Live with Gratitude, Grace and the Effects of Gravity



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Early one morning (because she couldn't rest.. It was do or die, and it scared her.in more ways than one. What is it you need me to accomplish?) Optimal health Organic faith Outrageous fun The majority of the greats in the Bible received their "big adventure" in the second half of their lives. What's trending now trumps wisdom. A once-healthy body today declares mutiny on any healthy choices. On the eve of her 49th birthday, this generally hilarious and fun-loving author stood before a dark path, struggling to find purpose and joy. And, after years of putting others initial, many find they're lonely, depressed, and absence meaningful work..In a culture enamored with youth and beauty, the 50th birthday is often seen as a death sentence...once again), she asked God, "Why am I still right here? It's easy to see why." "Focus about regaining your health - physically, relationally, emotionally and spiritually - and write about it." So the journey began. In Russell's uniquely gut-busting style, Trip to 50 shares the real-life actions and tools Russell used to regain the joy in her life also to see age as a privilege. Her publication covers: Overwhelming dread Open relationships (it's not what you think! What used to become perky is now normally. Why should it end up being any different for all of us? God doesn't want us to take a seat on the sideline any more. (He knows how many hours we've put in watching little league!) It's time to reevaluate, to embrace the difference between giving up and letting move, and sit before God and strategy out our next journey. Let the celebrating begin!



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This book saved my sanity! once more. I came across it at the library, checked it out, go through it, returned it, bought it on Amazon to learn again. I have actually recommended it to a women book group who are in this bracket of 40-50 years old. Laurie Russell experienced me laughing & crying while I go through this book. It almost scared me, it sensed like she was writing about me! I really like the humor of the author to make this aging transition a little easier.. to give up feeling sorry for myself. To get off that couch and begin moving instead of wasting away, sense sorry for myself. Such a great book. Couldn't put it straight down! This book couldn't attended at a better time. It was so fun to end up being along for the trip in Laurie Russell's . It has inspired me to feel privileged that I've reached this aspect in my lifestyle & What I appreciated most about her book is definitely Russell's candid anecdotes that expose messy occasions and painful crossroads in a manner that truly show us (versus telling us) how she struggled to reunite on track. Laurie's humor and insight upon this time of life are . A refreshing and hilarious read. Despite the fact that the layout was thoughtfully created for the busy woman who might only have period for a couple of pages in a sitting, you just want to keep reading! Most worthwhile reading This book is so true, funny and informative. Her publication is filled with wisdom, tips, therefore much humor. It had been so fun to end up being along for the ride in Laurie Russell's Journey to 50.It really is hard to place the book down because you enter it as though it were happening as you read.. Laurie's humor and insight upon this time of existence are spot on. I never get fed up with reading it over & Hope there's someone to help me at 60 as well! This is an excellent book on aging gracefully with a positive attitude This is an excellent book on aging gracefully with a confident attitude. Laurie is inspiring, and her outlook on life is contagious. She's an adventurous spirit and great love of life that permeates throughout this publication. Enjoy! Great comforting Book! A straightforward read and an excellent one too! It can help the young know what to expect in the future, those approaching 50 to know how to better handle situations and those beyond 50 to learn there's still much value in their lives. This publication is indeed comforting. I was generally happy when It had been time to browse it! And the way the lessons she shares can help us too. Lots of great advice and things to think about .) and have fun... I look forward to giving copies to my friends. Candid and compelling book about wrestling with middle age group and depression and winning Laurie Russell tackles a topic that many of us struggle with - but still don't talk about. With a smile on your face and a tear in your eye, this publication will change how you think! She appears to God for assistance and with grace and courage pulls herself out of the dark place by focusing on her wellness (getting her hormones in stability - still such a huge a challenge for ladies because they near and enter menopause), her fitness, her faith and her family - and how exactly to juggle all this in a way that allows her to accomplish work she feels passionate about (composing this book!. It's a tall purchase. you can't help but possess wish stirred! Her writing is normally apparent and straightforward, with plenty of thoughtful quotations combined in plus some good humor.. I loved this book I loved this publication! It's a publication for every woman beginning to ponder what this means to age in body, mind, and spirit. The Breakfast during intercourse incident sent me into a laughing in shape. SarahI feel this "Journey to 50" can apply to all people. It certainly is nice to listen to that your not really the only one going through life changes... The transparency makes this book so excellent. Not everybody will be therefore truthful in describing a situation, especially when it entails the writer.I really like the publication and recommend it for all. Reaching a particular point in life when dread, anxiety and question creep in and will rob us of joy and meaning. This book had my name all over it! Laurie's design of composing and fun character really touched my heart with techniques I didn't anticipate. Don't allow the short chapters and her humorous part fool you because she'll take

true life experiences and make them relate-able, causing laugh one second after that catch your breath as you understand and digest the truth inside that concerns you. Laurie shares her center while touching yours simultaneously, and along the way. and created from the heart... And Russell can be honest about how difficult it had been and is. Scanning this publication triggered me to re-think 50, evaluate dreams I thought were long gone, and shake off the grave clothing I prematurely threw on when unknowingly, at some time in my 50-ish trip, my mindset led me to trust 'this is all there is.' This book is definitely one I'll keep and one I'll share with others on this journey to 50! Great book for all of us 40 somethings facing the next 'hurdle' .. Understanding how to handle the situations of lifestyle apply to all ages, simply from a different perspective as you progress through life. Great book for all of us 40 somethings facing the next 'hurdle' ahead. Offers you some heads up actions you can take now to make life easier approaching 50. Going through the change for all of us women will not only end up being frightening, but lonely. That will not happen very often.



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