

## The Second Half Of Your Life

A practical guide to financial planning for middle-aged Americans outlines a program for assessing one's financial worth, determining the needs of the future, and putting one's money to work in order to provide financial security.

As you approach retirement, questions begin to stack up that you may not have the answers for: Do I have enough, or will I run out of money later in life? What will happen to my spouse if I die? How do I avoid costly mistakes and maximize my resources going forward? More than anything, you want to know: Am I going to be OK? These questions exist because preparing for retirement is not easy. You're not sure which advisors to trust, you worry about being sold a product for the wrong reasons, and above all, it's daunting to lay bare your financial secrets to another person. In *Keen on Retirement*, Bill Keen shares insights from more than 15,000 client meetings across a twenty-seven year career to help you approach retirement with peace of mind. In addition to walking you through the steps of building a dynamic retirement financial plan, Bill tackles the psychological and emotional challenges associated with retirement. He offers guidance to disciplined savers who are anxious about becoming spenders, and helps individuals and couples get clarity around what their life will look like in retirement.

Empirical and theoretical foundations for the study of the temporal dynamics of mechanisms contributing to unconscious and conscious processing of visual information; from computational, psychological, neuropsychological, and neurophysiological perspectives.

After spending the first 10 years of his career climbing the corporate ladder, Jeff Gothelf decided to change his approach to staying employed. Instead of looking for jobs, they would find him. Jeff spent the next 15 years building his personal brand to become a recognized expert, consultant, author and public speaker. In this highly tactical, practical book, Jeff Gothelf shares the tips, tricks, techniques and learnings that helped him become Forever Employable. Using the timeline from his own career and anecdotes, stories and case studies from other successful recognized experts Jeff provides a step-by-step guide to building a foundation based on your current expertise ensuring that no matter what happens in your industry you'll remain Forever Employable. This handy guide to your career and professional development shows you how to create your own content, use it to build your expertise and credentials and then scale it to build a continuous stream of income, interaction and community. As organizations seek to reduce costs, automate tasks and increase efficiency, how do you ensure you don't end up outside of those plans? Forever Employable shows you how so that you're always ready for the next step in your career. Reduce your stress, build your community, monetize your platform -- that's being Forever Employable.

NEW EDITION - COMPLETELY REVISED AND UPDATED WITH NEW CHAPTERS ADDED. The Second Half of Your Life is a groundbreaking book which offers advice and answers to women in the second half of their life. Using the hormonal changes that occur around menopause as a springboard to transition from a woman's reproductive years to her self-productive years, Shaw Ruddock gives positive, life-affirming guidance on how to make the second half of life, the best half. Drawing on extensive

experience, research and interviews, Jill Shaw Ruddock explores what can hold women back at this important stage in their lives, and how to harness the new-found focus this stage in life brings i.e. the rest of your life. This revised and updated edition (including The Science of Hormones and the new chapter, Looking Your Best without Plastic Surgery) will inspire women to rethink what it means to grow older. The book has been heralded as “one of the most important women’s books for a decade”, “ground-breaking”, “inspirational” and “the manual for women in the second half of their life”. Providing practical hands-on advice on how to harness the power of the oestrogen-free mind to make the most of new opportunities, Ruddock covers everything from money to the mind, dating to divorce, exercise to eating, and the libido to looking your best. The Second Half of Your Life is an inspiring, motivating read that gives women a framework to create a game plan to help overcome many of the obstacles faced in the second half of life.

Kelsey Chittick was in a very good place in her life. Her children had reached that sweet spot where they could make their own breakfast and dress themselves, but didn't yet have phones or social media. Her husband, the love of her life since college, had finished a grueling six years in the NFL and had successfully transitioned into a new career which he loved. They lived in the quaint, beautiful town of El Segundo, California. Everything was good, and in her mind, they had arrived. But yet something felt wrong. She spent her days feeling anxious and woke up feeling as if she couldn't breathe. At times, she thought she was losing her mind. Then one day, tragedy struck. On 11/11, her husband Nate a huge, happy, intense, and passionate man-dropped dead at 42 in front of her kids. Kelsey's biggest fear had come true and she had to decide how to move forward. Through miracles, gifts and a clear intention, she began to walk the journey of grief with her children resolved that they would not just survive, but thrive. In *Second Half, Surviving Loss and Finding Magic in the Missing*, writer and comedian Kelsey Chittick pays a heartfelt and hilarious tribute to Nate Hobgood Chittick's tremendous spirit, muses about marital life and co-parenting, and shares her own dark and inspiring journey through heartbreak and loss. *Second Half* is Kelsey's story of turning his death into an affirmation of life, the power of love, and the pursuit of peace and gratitude.

What does it really mean to be a grown up in today's world? We assume that once we “get it together” with the right job, marry the right person, have children, and buy a home, all is settled and well. But adulthood presents varying levels of growth, and is rarely the respite of stability we expected. Turbulent emotional shifts can take place anywhere between the age of thirty-five and seventy when we question the choices we've made, realize our limitations, and feel stuck—commonly known as the “midlife crisis.” Jungian psycho-analyst James Hollis believes it is only in the second half of life that we can truly come to know who we are and thus create a life that has meaning. In *Finding Meaning in the Second Half of Life*, Hollis explores the ways we can grow and evolve to fully become ourselves when the traditional roles of adulthood aren't quite working for us, revealing a new way of uncovering and embracing our authentic selves. Offering wisdom to anyone facing a career that no longer seems fulfilling, a long-term relationship that has shifted, or family transitions that raise issues of aging and mortality, *Finding Meaning in the Second Half of Life* provides a reassuring message and a crucial bridge across this critical passage of adult development.

In modern-day England, where witches live alongside humans, Nathan, son of a White witch and the most powerful Black witch, must escape captivity before his seventeenth birthday and receive the gifts that will determine his future.

Twin daughters of interracial parents, Keira and Minna have very different skin tones, but it is not until their grandmother enters them in a beauty contest that Minna realizes what life has been like for her more darker-skinned sister.

Presents the contemporary classic depicting the struggles of a U.S. airman attempting to survive the lunacy and depravity of a World War II base

#1 NEW YORK TIMES BESTSELLER ONE OF BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR NAMED A BEST BOOK OF 2020 BY THE NEW YORK TIMES \* THE WASHINGTON POST \* NPR \* PEOPLE \* TIME MAGAZINE\* VANITY FAIR \* GLAMOUR 2021 WOMEN'S PRIZE FINALIST

“Bennett’s tone and style recalls James Baldwin and Jacqueline Woodson, but it’s especially reminiscent of Toni Morrison’s 1970 debut novel, *The Bluest Eye*.” —Kiley Reid, *Wall Street Journal* “A story of absolute, universal timelessness ... For any era, it’s an accomplished, affecting novel. For this moment, it’s piercing, subtly wending its way toward questions about who we are and who we want to be...” – *Entertainment Weekly* From The New York Times-bestselling author of *The Mothers*, a stunning new novel about twin sisters, inseparable as children, who ultimately choose to live in two very different worlds, one black and one white. The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it’s not just the shape of their daily lives that is different as adults, it’s everything: their families, their communities, their racial identities. Many years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past. Still, even separated by so many miles and just as many lies, the fates of the twins remain intertwined. What will happen to the next generation, when their own daughters’ storylines intersect? Weaving together multiple strands and generations of this family, from the Deep South to California, from the 1950s to the 1990s, Brit Bennett produces a story that is at once a riveting, emotional family story and a brilliant exploration of the American history of passing. Looking well beyond issues of race, *The Vanishing Half* considers the lasting influence of the past as it shapes a person’s decisions, desires, and expectations, and explores some of the multiple reasons and realms in which people sometimes feel pulled to live as something other than their origins. As with her New York Times-bestselling debut *The Mothers*, Brit Bennett offers an engrossing page-turner about family and relationships that is immersive and provocative, compassionate and wise.

Wisdom and Support for Your Halftime Journey Since the publication fifteen years ago of Bob Buford’s award-winning and newly updated and expanded bestseller, *Halftime*, more than half a million men and women have made the halftime journey from success to significance. If you are contemplating that journey yourself or have already started, *Beyond Halftime* is for you. “This book is the result of fifteen years of answering questions about halftime,” writes Buford. “I’ve focused on the areas that seem to come up most from those who contact me, and I’ve answered them in much the same way I would answer you if we sat down together over coffee. So in a very real sense, this book allows me to be your companion as you negotiate the ups and downs of the whole halftime experience.” *Beyond Halftime* invites you to slow down and take time to listen—really listen—to the voice of your heart and the rhythms of your life. The discoveries you’re about to make during this vital phase of your life can’t be rushed. Enjoy this wise guidance on the things that matter most in moving from gaining success to leaving a legacy. Your most rewarding years lie ahead of you. Welcome to the journey.

When you find the courage to change at midlife, Angeles Arrien teaches, "a miracle happens." Your character is opened, deepened, strengthened, softened. You return to your soul's highest values. You are now prepared to create your legacy: an imprint of your dream for our world - a dream that can fully come true in *The Second Half of Life*. Working with images, poetry, metaphors, and other forms of symbolic language from diverse world cultures, Dr. Arrien introduces us to the Eight Gates of Initiation. By mastering their lessons and gifts, you harvest the meaning and purpose of your life and come into spiritual maturity. With *The Second Half of Life*, she takes you step-by-step through each gate to deepen your most valuable relationships, reclaim your untended creative talents, and shift your focus from ambition to meaning to grow into the exceptional elder you've always imagined you would one day become.

Bestselling author Lauraine Snelling shares a heartfelt story of a couple who put their plans for a peaceful retirement on hold to assume guardianship of their young grandchildren. Mona and Ken Sorenson are approaching the best years of their lives. Mona's greatest concern is that Ken will learn of the surprise party she's planning for his retirement from his job as Dean of Students at Stone University. They've already been making plans to travel, spend limitless hours in the garden, and Ken is looking forward to working on his woodworking and fishing with his grandchildren. It's what they deserve after years of careful planning. But things begin to unravel when Ken learns that office politics are about to destroy his department. Can he really just leave, abandoning the work he spent a lifetime achieving? Mona is eager to build her event planning business with Ken's help, but rather than supporting her, he expresses concern that the stress of the work will send her back into the depression she struggles with. Then, just days before Ken's last official day of work, their son, a Special Forces officer in the Army, learns he's being immediately deployed on a six-month mission in Pakistan. Since his wife left him, the only people he trusts to care for his two young children are his parents. In an instant, everything Ken and Mona spent their lives planning changes, and they will need to find strength, both physical and mental, to become parents once more. This is not the second half they wanted, and when their son fails to contact them as planned, they struggle to trust that it is God's plan, not theirs, that matters most.

**#1 NEW YORK TIMES BESTSELLER** • Everybody tells you to live for a cause larger than yourself, but how exactly do you do it? The author of *The Road to Character* explores what it takes to lead a meaningful life in a self-centered world. "Deeply moving, frequently eloquent and extraordinarily incisive."—*The Washington Post* Every so often, you meet people who radiate joy—who seem to know why they were put on this earth, who glow with a kind of inner light. Life, for these people, has often followed what we might think of as a two-mountain shape. They get out of school, they start a career, and they begin climbing the mountain they thought they were meant to climb. Their goals on this first mountain are the ones our culture endorses: to be a success, to make your mark, to experience personal happiness. But when they get to the top of that mountain, something happens. They look around and find the view . . . unsatisfying. They realize: This wasn't my mountain after all. There's another, bigger mountain out there that is actually my mountain. And so they embark on a new journey. On the second mountain, life moves from self-centered to other-centered. They want the things that are truly worth wanting, not the things other people tell them to want. They embrace a life of interdependence, not independence. They surrender to a life of commitment. In *The Second Mountain*, David Brooks explores the four commitments that define a life of meaning and purpose: to a spouse and family, to a vocation, to a philosophy or faith, and to a community. Our personal fulfillment depends on how well we choose and execute these commitments. Brooks looks at a range of people who have lived joyous, committed lives, and who have embraced the necessity and beauty of dependence. He gathers their wisdom on how to choose a partner, how to pick a vocation, how to live out a philosophy, and how we can begin to integrate our commitments into one overriding purpose. In short, this book is meant to help us all lead more meaningful lives. But it's also a provocative

social commentary. We live in a society, Brooks argues, that celebrates freedom, that tells us to be true to ourselves, at the expense of surrendering to a cause, rooting ourselves in a neighborhood, binding ourselves to others by social solidarity and love. We have taken individualism to the extreme—and in the process we have torn the social fabric in a thousand different ways. The path to repair is through making deeper commitments. In *The Second Mountain*, Brooks shows what can happen when we put commitment-making at the center of our lives.

Thousands of readers have found an exciting new vision for the second half of life in the best-selling book, *Halftime*. Bob Buford showed us that we aren't experiencing a midlife crisis that's winding us down to our retirement years, but a break in the game that can prepare us for the most exciting half of life. In *Game Plan*, Buford gives you a practical way to move from success to significance and create an individual strategy that can get you where you want to be five . . . ten . . . twenty . . . thirty . . . or more years from now. If you sense it's time for a positive change in your life, *Game Plan* gives you the tools to uncover your best self, aim for your highest dreams, and make your career and personal life more meaningful and fulfilling than ever.

*The Road to Wigan Pier* is Orwell's 1937 study of poverty and working-class life in northern England.

"In this warm, wise, and witty overview, Jonathan Rauch combines evidence and experience to show his fellow adults that the best is yet to come." —Steven Pinker, bestselling author of *Enlightenment Now* This book will change your life by showing you how life changes. Why does happiness get harder in your 40s? Why do you feel in a slump when you're successful? Where does this malaise come from? And, most importantly, will it ever end? Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. He shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. This isn't a midlife crisis, though. Rauch reveals that this slump is instead a natural stage of life—and an essential one. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life. And Rauch can testify to this personally because it was his own slump, despite acclaim as a journalist and commentator that compelled him to investigate the happiness curve. His own story and the stories of many others from all walks of life—from a steelworker and a limo driver to a telecoms executive and a philanthropist—show how the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Full of insights and data and featuring many ways to endure the slump and avoid its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it helps you find a path through the trees. It also demonstrates how we can—and why we must—do more to help each other through the woods. Midlife is a journey we mustn't walk alone.

How would you like to have a wonderfully well-suited, kind, adoring half-orange who feels like a teammate, a partner in crime, a true other half? "Half-Orange" refers to the Spanish term *mi media naranja*, which describes one's sweetheart, that perfect other half. What if you heard he or she would be coming along soon? Would you be relieved? Excited? Happy? Well those are the feelings that dating optimism can give you. Rather than admonishing readers to make themselves more available, or turn dating into a full-time job, Spencer's program of dating optimism is a fun, results-oriented way to find a healthy happy relationship, based on brain science and psychology that can help you become a more positive dater. She'll guide you through sowing the orange seed of your ideal relationship and growing it to "fruit-ion." In essence, by focusing positively about dating, you can actually change your brain, which changes everything from your body language to the way you perceive others and what you ultimately attract. *Meeting Your Half-Orange* is the pep talk that puts finding true love back into your own

hands. It will guide you toward becoming so focused on the relationship you want and so happy in your own skin, the right person will be naturally drawn straight to you. You've never read a dating guide like this before. But best of all, it will be the last one you'll ever need. Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans. We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: “What does that mean for me in the next twenty years?” At the same time, the post-career population is also going through massive change and dealing with the fact that many of them are not prepared financially, logistically, or emotionally for the next phase of their lives. And while we may want to retire, most of us don't want to do nothing. With expert insight and approachable techniques, Roar will help you identify fresh goals and take meaningful action to achieve a purposeful life. Featuring a unique and dynamic 4-part process, Roar will show you how to: - Reimagine yourself - Own who you are - Act on what's next - Reassess your relationships Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

What would happen if women suddenly possessed a fierce new power? "The Power is our era's *The Handmaid's Tale*." --Ron Charles, Washington Post **\*\*WINNER OF THE BAILEYS WOMEN'S PRIZE FOR FICTION\*\*** One of the New York Times's Ten Best Books of the Year One of President Obama's favorite reads of the Year A Los Angeles Times Best Book of the Year One of the Washington Post's Ten Best Books of the Year An NPR Best Book of the Year One of Entertainment Weekly's Ten Best Books of the Year A San Francisco Chronicle Best Book of the Year A Bustle Best Book of the Year A Paste Magazine Best Novel of the Year A New York Times Book Review Editors' Choice An Amazon Best Book of the Year "Alderman's writing is beautiful, and her intelligence seems almost limitless. She also has a pitch-dark sense of humor that she wields perfectly." --Michael Schaub, NPR In *THE POWER*, the world is a recognizable place: there's a rich Nigerian boy who lounges around the family pool; a foster kid whose religious parents hide their true nature; an ambitious American politician; a tough London girl from a tricky family. But then a vital new force takes root and flourishes, causing their lives to converge with devastating effect. Teenage girls now have immense physical power--they can cause agonizing pain and even death. And, with this small twist of nature, the world drastically resets. From award-winning author Naomi Alderman, *THE POWER* is speculative fiction at its most ambitious and provocative, at once taking us on a thrilling journey to an alternate reality, and exposing our own world in bold and surprising ways. Provides guidelines to starting a second career during middle age, including tips on how to plan the transition from one career to another, salary and education requirements, and finding a new career that makes an impact on society.

How do you define “growing up”? Does it mean you achieve certain cultural benchmarks—a steady income, paying taxes, marriage, and children? Or does it mean leaving behind the expectations of others and growing into the person you were meant to be? If you find yourself in a career, place, relationship, or crisis you never foresaw and that seems at odds with your beliefs about who you are, it means your soul is calling on you to reexamine your path. With *Living an Examined Life*, James Hollis offers an essential guidebook for anyone at a crossroads in life Here this acclaimed author guides you through 21 areas for self-inquiry and growth—such as how to exorcise the ghosts of your past, when to choose meaning over happiness, how to construct a mature spirituality, and how to seize permission to be who you really are With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

Success Is Great. But Significance Is Lasting. You've achieved a measure of success in the first half of life, and it's been a thrill. But deep in

your heart, you want your second half to count for something far more. Something bigger than you. Significance. You're not alone; you're in "Halftime." You want to discover where your deepest passions intersect with your greatest abilities and harness them to help change the world. But what does significance look like? How do you attain it? What will it cost you? What if you are not yet financially independent? Who can help you make sense out of this stage of life? Lloyd Reeb knows how it is. He's wrestled with the same questions—and found answers. In *From Success to Significance*, he unfolds a blueprint that has helped thousands of men and women redefine success and infuse their lives with eternal significance. Adapt Reeb's approach to your circumstances and, with God's help, put it in motion. It works, and it will work for you. Discover God's unique purpose for your life. Your talents, your drives, and everything you are will make sense in a new way and have an impact you've never dreamed of. Go ahead, start dreaming. Because significance is within your reach, and it starts by finding the freedom to dream. "Many people measure their success by wealth, recognition, power, and status. There's nothing wrong with those, but if that's all you're focused on, you're missing the boat. Lloyd Reeb shows that if you focus on significance—using your time and talent to serve others—that's when truly meaningful success can come your way."

Relationships can be complicated... In a world where we are more connected than we have ever been, we are probably also the loneliest we have ever been. We can watch people's lives unfold through social media and compare them to our own, often leaving us with a feeling of inadequacy. Singletons struggle to meet their significant others whilst for some, being in a relationship is not as fulfilling as they would want it to be. Feeling stuck in a rut and misunderstood as life and routine slowly take over, we sometimes wish things could be different. We look to find reasons and answers to make our lives better, trying miracle cure after miracle cure, failing miserably and repeating the same mistakes. This book will take you through a journey of understanding what the deep root cause of your present situation really is, unlocking the answers and send you on your way to happiness and fulfilment, by teaching you simple methods and thought processes that can be easily applied. It has been designed to help if you are struggling with current relationships or seeking a new one.

Presents a different paradigm of successful aging for men and women entering into and moving through the second half of their lives. Through an exploration of key concepts like purpose and renewal, and by drawing upon the timeless metaphor of fire, this book enables readers to become what the authors call "new elders."

*Re-Designing Your Life: A Practical Spirituality for the Second Half of Life* is a timely and engaging book for living out the second half of your life with spiritual integrity. In this study you are invited to think about your life as a house undergoing renovations where, with God's grace, you get to design something new and life-giving. Through practical exercises, thought-provoking discussion topics and memorable anecdotes, *Re-Designing Your Life* will guide you through: Coping with endings, empty-nesting and retirement; Caring for self while caring for elderly parents and grandchildren; Letting go of the things that get in the way of becoming your true self; Creating a spiritual legacy; Strengthening relationships; and Finding your passion in your second half of life. *Re-Designing Your Life* is a must-read for pastors, congregations and individuals who want to discover God's calling in the second half of life. Video resources for group studies are also available.

No. 1 bestselling memoir of Roy Keane, former captain of Manchester United and Ireland - co-written with Man Booker Prize-

winner Roddy Doyle. Now updated with a new chapter, including Roy leaving Aston Villa and the Republic of Ireland's qualification for Euro 2016. In a stunning collaboration with Booker Prize-winning author Roddy Doyle, Roy Keane gives a brutally honest account of his last days as a player, the highs and lows of his managerial career, and his life as an outspoken ITV pundit. 'Roy Keane's book is a masterpiece . . . It may well be the finest, most incisive deconstruction of football management that the game has ever produced' Mail on Sunday 'A genuine pleasure . . . His thoughts on his players are humane, interesting, candid and never less than believable' The Times 'The best things are the small things: regretting joining Ipswich when he discovered the training kit was blue; refusing to sign Robbie Savage because his answerphone message was rubbish; being appalled that his side had listened to an Abba song before playing football' Evening Standard 'The book is brilliantly constructed, rattling along at breakneck speed . . . full of self-deprecation . . . a ruthless self-examination' Daily Telegraph

Winner of the 2015 Avery O. Craven Prize from the Organization of American Historians Winner of the 2015 Sidney Hillman Prize  
A groundbreaking history demonstrating that America's economic supremacy was built on the backs of slaves Americans tend to cast slavery as a pre-modern institution -- the nation's original sin, perhaps, but isolated in time and divorced from America's later success. But to do so robs the millions who suffered in bondage of their full legacy. As historian Edward E. Baptist reveals in *The Half Has Never Been Told*, the expansion of slavery in the first eight decades after American independence drove the evolution and modernization of the United States. In the span of a single lifetime, the South grew from a narrow coastal strip of worn-out tobacco plantations to a continental cotton empire, and the United States grew into a modern, industrial, and capitalist economy. Told through intimate slave narratives, plantation records, newspapers, and the words of politicians, entrepreneurs, and escaped slaves, *The Half Has Never Been Told* offers a radical new interpretation of American history.

*The Second Half of Your Life* Random House

How do you "make sense" of the second half of your life? Developed from more than five years of travel, interviews, research and personal experiences, "Pack Lightly" is a practical roadmap for redefining one's purpose. The reader will find encouragement through relatable research, tools to reinvent himself with honest, trusted guidance and become empowered by preparing for the journey in the second half of life.

Two renowned financial experts equip readers with the knowledge, financial tools, and wisdom needed to build a solid financial future as retirement approaches--a portfolio that provides for one's family, honors God, and blesses the generations that follow with a legacy of stewardship and resources. Original. 20,000 first printing.

Those of us in midlife are facing a dilemma: We are going through a period of multiple life-altering changes all at the same time - at work, at home and within. More of us are being made redundant than ever before, just when we need it the least. More of us are becoming self-employed. More of us are experiencing losses of status and crises of self-confidence - and that was before COVID-19! Our relationships with our partners, our parents and our children are all entering new phases. Meanwhile, half of us are also going through the menopause. Yet we are healthier and more vibrant than previous generations - and we are living longer.

Much longer. We are 50 years young, not 50 years old. But more importantly, we don't know where or who to turn to for help. If the thought of consulting a 'life coach' makes you twitch involuntarily, but you want more than impenetrable financial advice from an IFA - this book is for you. Award-winning author Campbell Macpherson and yoga therapist co-author Jane Macpherson will help you embrace these changes and come out on top. From dealing with seemingly ubiquitous ageism and starting your own business to building resilience, finding a financial adviser you can trust and learning from professional athletes who are forced to 'retire' in their early thirties, the Macphersons show that your 'Part Two' isn't about retirement or ageing; it's about change and how you turn it to your advantage. You: Part Two is the must-read guide to thriving in the second half of your life.

A deeply-reported examination of why "doing what you love" is a recipe for exploitation, creating a new tyranny of work in which we cheerily acquiesce to doing jobs that take over our lives. You're told that if you "do what you love, you'll never work a day in your life." Whether it's working for "exposure" and "experience," or enduring poor treatment in the name of "being part of the family," all employees are pushed to make sacrifices for the privilege of being able to do what we love. In *Work Won't Love You Back*, Sarah Jaffe, a preeminent voice on labor, inequality, and social movements, examines this "labor of love" myth -- the idea that certain work is not really work, and therefore should be done out of passion instead of pay. Told through the lives and experiences of workers in various industries -- from the unpaid intern, to the overworked teacher, to the nonprofit worker and even the professional athlete -- Jaffe reveals how all of us have been tricked into buying into a new tyranny of work. As Jaffe argues, understanding the trap of the labor of love will empower us to work less and demand what our work is worth. And once freed from those binds, we can finally figure out what actually gives us joy, pleasure, and satisfaction.

Your midlife doesn't have to be a crisis. In fact, the second half of your life can be better than the first. Bob Buford's bestseller shows you how. What do you want to do with the rest of your life? In *Halftime*, Buford provides the encouragement and insight to propel your life on a new course to true significance--and the best years of your life. Buford focuses on this important time of transition to the second half of your life, leading you to . . . Take stock of your successes and accomplishments thus far Redefine significance and what it means to you Identify your personal goals Develop a mission for serving God in the second half of your life And more This updated and expanded 20th Anniversary edition also includes new questions for reflection or discussion at the end of each chapter, brand new "halftime" stories of men and women enjoying a second half of significance, specific halftime assignments to guide readers into their second-half mission, and more.

"The author shares his insider knowledge of housing options to help older adults make the best decision about their place of residence by evaluating factors such as financial budget, health, and family considerations. He provides a step-by-step approach to evaluating one's current living situation and then reviews the different options to consider, including aging in place, downsizing, community living, and more"--

"A fresh way of thinking about spirituality that grows throughout life. In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only

ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. Explains why the second half of life can and should be full of spiritual richness Offers a new view of how spiritual growth happens loss is gain Richard Rohr is a regular contributing writer for Sojourners and Tikkun magazines This important book explores the counterintuitive message that we grow spiritually much more by doing wrong than by doing right."-- I had the pleasure of coordinating the writing of this book and hand selecting this group of leading elder care attorneys from across the United States. It was an honor to work with these leading lawyers, and I want to thank each of them for sharing their knowledge and experience with the readers of this book. --Julianne E. Steinbacher, Certified as an Elder Law Attorney by the National Elder Law Foundation

"The Citadel of the Autarch brings The Book of the New sun to its harrowing conclusion, as Severiain clashes in a final reckoning with the dread Autarch, fulfilling an ancient prophesy that will alter forever the realm known as Urth." -- Back cover. From the bestselling author of Blink and The Tipping Point, Malcolm Gladwell's Outliers: The Story of Success overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative and inspiring book, Malcolm Gladwell looks at everyone from rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are - and that no one, not even a genius, ever makes it alone. Outliers will change the way you think about your own life story, and about what makes us all unique. 'Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain' Guardian 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' Observer 'He is the best kind of writer - the kind who makes you feel like you're a genius, rather than he's a genius' The Times

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