

The Second Half

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.

In Transylvania in the Second Half of the Thirteenth Century Tudor Salagean describes the rise of Regnum Transilvanum, a historical link between the early medieval regnum Erdewel of duke Gyula and the early modern Principality of Transylvania.

With her award-winning debut novel, *Purple Hibiscus*, Chimamanda Ngozi Adichie was heralded by the Washington Post Book World as the "21st century daughter" of Chinua Achebe. Now, in her masterly, haunting new novel, she recreates a seminal moment in modern African history: Biafra's impassioned struggle to establish an independent republic in Nigeria during the 1960s. With the effortless grace of a natural storyteller, Adichie weaves together the lives of five characters caught up in the extraordinary tumult of the decade. Fifteen-year-old Ugwu is houseboy to Odenigbo, a university professor who sends him to school, and in whose living room Ugwu hears voices full of revolutionary zeal. Odenigbo's beautiful mistress, Olanna, a sociology teacher, is running away from her parents' world of wealth and excess; Kainene, her urbane twin, is taking over their father's business; and Kainene's English lover, Richard, forms a bridge between their two worlds. As we follow these intertwined lives through a military coup, the Biafran secession and the subsequent war, Adichie brilliantly evokes the promise, and intimately, the devastating disappointments that marked this time and place. Epic, ambitious and triumphantly realized, *Half of a Yellow Sun* is a more powerful, dramatic and intensely emotional picture of modern Africa than any we have had before.

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.

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.

"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"--

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.

"Squint," Margit Novack's unique memoir, opens our eyes to the abundant possibilities of later life. She pairs profound and memorable personal stories with larger themes -- downsizing, caregiving, forgiveness, estrangement, and more -- and shows that with the right perspective and "re-visioning," the future is rich with possibility. ?Realistic, compassionate, substantive, and uplifting, Margit Novack's "Squint" is a guidebook that leaves us better equipped for the years ahead.

Second Half Surviving Loss and Finding the Magic in the Missing

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.

What happens when you've done all you know how to do, the paved paths end, and you still feel like you're missing something? The Second Half of the Mountain offers a practical and magical approach to recognizing and working with the deeper and often-confusing inner processes that happen after awakening. In this guidebook, McCall Erickson combines bits of personal story with the timeless building blocks of alchemy to outline the journey for the awakened traveler through the dark nights of the soul and beyond, not as "the way," but as a guide to help you make your own way where it sometimes feels there is no way.

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.

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

Describes how one's direction and goals can become unclear during mid-life, and offers advice and personal insight into how to take this time as an opportunity to redefine one's vision and goals

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

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.

"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.

Offers advice on creating a marriage that is partner-focused instead of child-focused, renewing romance, improving communication, and adjusting to changing roles

Want to turn back your biological clock? Would you like to lose that roll around your middle? Think you are destined to fall apart as you age? Think again! It's a common yearning for most of us over 40: we want to be healthy, we want more energy, and we still want to feel good about ourselves as we age. Most of us don't mind getting older, we just want to do it the best way possible. This amazingly youthful 56 year-old health coach and fitness guru feels the same way you do. She has learned how to stave off the normal decay associated with aging and has been teaching her clients the same. Now, in her first book, she shares her wisdom for turning back your biological clock and finding happiness in the second half of life. The perfect book for your nightstand. Jan Rodenfels (a.k.a. JanYourCoach) serves up bite-sized portions of wisdom to motivate you to integrate better practices for a healthier mind, body, and spirit. The portions are perfect for bedtime reading, concise and to the point. You will love the practical tips to not just survive but to actually thrive. You will learn to: * Eat healthier, learn what to eat, and enjoy your food more. * Take charge of your health and lose weight. * Create strategies to eat better. * Find exercise you will love. * Motivate yourself. * Take strong, informed, deliberate action to see change. * Forgive yourself and others. * Embrace your birthday. * Nourish your spirit. Bonus: the book includes 20 of the author's favorite plant based recipes.

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.

Your children are gone or leaving soon. It's time to focus once again on your own future and especially on your marriage. What's in store for the second half? David and Claudia Arp provide answers and practical help in this groundbreaking book. Drawing on their national survey of hundreds of "second-half" couples, the Arps reveal eight marital challenges every long-term marriage faces, and they offer strategies and exercises for meeting each of them. The Second Half of Marriage will challenge you to create a vision for the rest of your life together -- and inspire you to make that vision a reality.

"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."--

The Second Half is an educational book for people that wish to learn about the complex financial retirement system. How do I plan for retirement? Should I invest the same way during retirement as I did during my working years? What are some of the issues that I should look at and understand?

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

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.

In The Second Half of the Gospel, pastor and author J.D. Walt explains why the overwhelming majority of Jesus followers are arrested in their discipleship development, going only half way with the gospel. He explores the full intent of God's gospel promise, articulating an ancient, long neglected strategy for awakening to the greater things of God.

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.

#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.

The second half of life invites us to experience new growth such that we live an even more fulfilling life. But often the invitation isn't all that attractive, with changes in our families, our health, our relationships and our increasing grasp that the journey does have an ending. Many of us refuse the invitation to evolve, hanging on to old ways that may not serve us well in the second half. In Doug Smith's best-selling first book, *Happiness: The Art of Living with Peace, Confidence and Joy*, he detailed 13 skills that enable living an accomplished, meaningful and joyful life...what positive psychologists refer to as "flourishing." In this second book, with the help of Ken Murphy, he looks at these skills through the lens of the second half of life and offers new tools and new ways to use them. The result is a guidebook for successfully navigating the transition to a thriving second half of life.

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.

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."

Social scientists use the term social integration to refer to individuals' connections with others in their environments. The concept and its consequences have been the subject of considerable study. Many researchers have asserted that meaningful and enduring ties to other persons serve as a buffer against stress, and thereby promote physical and mental health. The results are especially pronounced for older persons. *Social Integration in the Second Half of Life* presents integrative reviews of theory and research on this topic. The editors and contributors, all currently or previously affiliated with the Cornell Gerontology Research Institute, also present new empirical findings of research done at their center. The first section of the book discusses basic theory and principles of social integration in later life and its implications for health. The second, largest section examines specific issues: retirement, driving, family support, housing, neighbors. The third section addresses interventions to promote social integration: transportation, volunteering, and peer support for dementia caregivers. Throughout, the authors focus on the diverging influences of social integration and its converse, social isolation, in later life.

This book speaks to Baby Boomers, Retirees, Seniors and aging parents, as well as the children of aging parents, family, caregivers, and friends. Eight major sections are included: Being Newly Retired, Choosing What To Do With Time, Attitudes and Feelings, Knowing Oneself, Relating To Others, Taking Care Of Oneself, Aging Concerns, and Elderly Seniors. Many insights

are offered on dealing with and navigating retirement and growing older. Threads of optimism and reality shine through, organized in a flowing and meaningful conversation. The book is a collection of poetic writings about Retiree and Senior issues: yearnings, concerns, health, thoughts and challenges

Using a rich assortment of illustrations and biographical sketches, Peter Martin relates the experiences of colonial gardeners who shaped the natural beauty of Virginia's wilderness into varied displays of elegance. He shows that ornamental gardening was a scientific, aesthetic, and cultural enterprise that thoroughly engaged some of the leading figures of the period, including the British governors at Williamsburg and the great plantation owners George Washington, Thomas Jefferson, William Byrd, and John Custis. In presenting accounts of their gardening efforts, Martin reveals the intricacies of colonial garden design, plant searches, experimentation, and the problems in adapting European landscaping ideas to local climate. These writings also bring to life the social and commercial interaction between Williamsburg and the plantations, together with early American ideas about cultured living. While placing Virginia's gardening in the larger context of the colonial South, Martin tells a very human story of how this art both influenced and reflected the quality of colonial life. As Virginia grew economically and culturally, the garden became a projection of the gardener's personal identity, as exemplified by the endeavors of Washington and Jefferson at Mount Vernon and Monticello. In order to recapture the gardens as they existed in colonial times, Martin brings together paintings, drawings, and the findings of modern archaeological excavations. Originally published in 1991. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

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.

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