

Creating Magic Midlifeⁱⁿ



**101
QUESTIONS
& ANSWERS
to REINVENT
your WORK,
RELATIONSHIPS,
& LIFE!**

**Karla Freeman,
MSW, LCSW**

Creating Magic In Midlife 101 Questions And Answers To Reinvent Your Work Relationships And Life

Gay Hendricks, Kathlyn Hendricks



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their lives now of the choices they have made what has made them happy and what they would change for the second half of their lives In Moses s capable hands these voices become welcome advice from a host of friends a road map for future choices Dish is addictively readable and full of wisdom and it will change the face of self help A sample of the voices in Dish My boss the VP of HR said We really need to promote work life balance in the company Let s have a meeting Monday morning at seven thirty to discuss it I m proud of myself for ending the marriage asserting my right to feel good about my life and being strong enough to do it I practise Marxist Groucho monogamy I wouldn t have an affair with anyone who would have an affair with me **Midlife Magic** Bonnie Leonard,Bonnie Leonard Edd,2018-03-15 The essential first step for any midlife woman ready to reinvent her life If you re stuck at the midlife crossroads wondering what s next Midlife Magic provides a powerful first step for your midlife renewal adventure To begin your journey the author guides you through an easy to follow self care program in seven days On each day you join the author in a different locale as she travels the world on her own midlife voyage and discovers a self care skill she desperately needs Then you learn to develop this skill yourself with specific instructions and real life examples from other midlife women the author has advised and coached Finally you select one action step from a list of many to put into practice that very day By the end of the week with your personal self care plan in place you will be a stronger and more resilient midlife traveler ready to embark on your adventure with a smile on your face This book was prompted by Bonnie Leonard s own midlife sabbatical travels when her younger son headed off to college and she faced an empty nest After a series of misadventures and encounters she began to understand how little she attended to her own needs Like many women she devoted years to raising her children in addition to her work which involved caring for the graduate students she taught at Lesley University Later when the author became the Dean of Continuing Education for return to college women at Wellesley College and then a Midlife Coach for Women she came to understand the critical role self care plays for any woman navigating the midlife passage This insight from her professional and personal experiences motivated her to write Midlife Magic The 7 Day Self Care Plan to Boost Your Energy and Make You Smile In this book Leonard offers women a practical and user friendly way to become a hearty and happy midlife traveler

Midlife Mojo Frankie Picasso,2008 There is no universal purpose in life Everyone has their own reason for being here and their own purpose in life What is my purpose Why am I here What is the meaning of my life Although these questions come up again and again throughout life when midlife hits we finally admit to ourselves that without concrete answers and real changes our lives will never be complete Is YOUR Mojo Working The word mojo is derived from the African Congo region word moyo which means soul or life force Mojo is your life force One of the greatest truths is that life is difficult When you finally recognize this truth you begin to question your existence To transcend this life altering moment you need to discover your purpose in your life Once you ve found your Mojo life is no longer difficult because you have found your purpose and the difficulties no longer matter Get YOUR Mojo working Midlife Mojo will spark action and change It will help you find answers

to your questions no matter what they are and promises to aid you in achieving peace of mind and success Midlife Mojo is not your typical self help or how to book but is a to do book Author Frankie Picasso speaks not only through her extensive education but through life altering experience as well Midlife Mojo is a collaboration between Frankie Picasso and you With Midlife Mojo you will rise from mid life angst to find true meaning in your life

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