

Inventing The Rest Of Our Lives Women In Second Adulthood

New Passages Gail Sheehy 2011-09-28 THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller *Passages*. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In *New Passages*, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. *New Passages* tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New

York Times Book Review

Prime Time Jane Fonda 2012-05-22 NEW YORK TIMES BESTSELLER An A-to-Z guide to living and aging well by #1 bestselling author, actress, and workout pioneer Jane Fonda In this unique, candid, and inspiring book, Jane Fonda explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. Highlighting new research and sharing stories from her own life and from the lives of others, she outlines the 11 key ingredients to vitality—from exercise and diet, to forging new pathways in the brain, to loving, staying connected, and giving of oneself. She explains how performing a life review helped her clarify goals and move ahead, and shows how we can do this too. In *Prime Time*, Jane Fonda offers an empowering vision for how to live your best life, for all of your life.

Inventing the Rest of Our Lives Suzanne Braun Levine 2004-12-29 New brain research is proving it: Women at midlife really do start to see the world differently. Some 37 million women now entering their fifties and sixties—a unique generation—are refashioning their lives, with dramatic results. They have fulfilled all the prescribed roles—daughter, wife, mother, employee, but they're not ready to retire. They want to experience more. Suzanne Braun Levine gives us a fun, smart, and tremendously informative road map through the challenging and uncharted territory that lies ahead.

The Influence of Affluence Russ Alan Prince 2009-05-19 A compelling look at a new class of the affluent - the middle-class millionaires - whose attitudes and values are influencing and reshaping American life In this groundbreaking book, Russ Alan Prince and Lewis Schiff examine the far-reaching impact of the middle class millionaires—people who enjoy a net worth ranging from one million to ten million dollars and have earned rather than inherited their wealth. Comprising 8.4 million households and growing in number, the attitudes and behaviors of these working

rich are exerting a powerful influence over our society. So who are these people? They believe in the benefits of hard work. They believe in investing in themselves, and in self improvement. They are more likely to focus on drawing financial gain from their work, and less inclined to be discouraged by failure. And they don't spend money on the extravagances indulged in by the very rich; instead, they wield their affluence according to middle-class values and ideals. From home security systems to health care, technology to travel, their spending choices are affecting us all – from the products we buy, to the communities in which we live, to the aspirations and values of the broader middle class and American population as a whole. In the bestselling tradition of *Bobos in Paradise* and *The Millionaire Next Door*, **THE MIDDLE-CLASS MILLIONAIRE** is a captivating narrative – part sociology, and part aspirational journey into the lives, attitudes, and values of the middle-class millionaires. Based on extensive surveys and research into more than 3,600 middle-class millionaire households around the country, this book will reshape our understanding of what it takes to be successful – and how all of us can achieve similar success.

Human Growth and Development Across the Lifespan David Capuzzi 2016-02-10 A practically focused guide to effective counseling of all clients *Human Development Across the Life Span* is a practical guide to human growth and development, moving beyond theory to include real-world applications for counselors who work with clients. Written by recognized authorities in mental health counseling and counselor education, this book is fully aligned with the American Counseling Association's accreditation standards and includes contributions by well-known and respected academics and practitioners. Based on an extensive review of course syllabi across CACREP-accredited programs, this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn. After a thorough examination of essential concepts and theories of life span development, the book moves through each stage of human growth and development to provide expert insight, short case studies, and practical applications to counseling. The full Instructor's package

provides a useful set of tools, including a Respondus test bank, PowerPoint slides, and an Instructor's Manual. This book is the only text on human growth and development that emphasizes the key implications and applications for counselors, providing useful information and the insights of real experts in each subject area. Understand the developmental milestones at each life stage Appreciate clients' perspectives to better facilitate appropriate interventions Work more effectively with clients of any age, from toddlers to seniors Tailor your approach to meet the unique needs and abilities of each life stage As a counselor, you cannot approach a child's therapy the same way you approach an adult's. Even within each major category, each developmental stage includes a nuanced set of characteristics that, considered appropriately, will inform a more effective treatment plan. *Human Development Across the Life Span* is a comprehensive guide to understanding all of your clients, and providing the type of counseling that facilitates more positive outcomes.

Prime Time (with Bonus Content) Jane Fonda 2011-08-09 BONUS: This eBook includes the full text of the book plus 50 photographs not found in the print version. In this inspiring and candid book, Jane Fonda, #1 bestselling author, actress, and workout pioneer, gives us a blueprint for living well and for making the most of life, especially the second half of it. Covering sex, love, food, fitness, self-understanding, spiritual and social growth, and your brain. In *Prime Time*, she offers a vision for successful living and maturing, A to Z. Highlighting new research and stories from her own life and from the lives of others, Jane Fonda explores how the critical years from 45 and 50, and especially from 60 and beyond, can be times when we truly become the energetic, loving, fulfilled people we were meant to be. Covering the 11 key ingredients for vital living, Fonda invites you to consider with her how to live a more insightful, healthy, and fully integrated life, a life lived more profoundly in touch with ourselves, our bodies, minds, and spirits, and with our talents, friends, and communities. In her research, Fonda discovered two metaphors, the arch and the staircase, that became for her two visions of life. She shows how to see your life the "staircase" way, as one of

continual ascent. She explains how she came to understand the earlier decades of her life by performing a life review, and she shows how you can do a life review too. She reveals how her own life review enabled her to let go of old patterns, to see what means the most to her, and then to cultivate new goals and dreams, to make the most of the mature years. For there has been a "longevity revolution," and the average human life expectancy has jumped by years. Fonda asks, what we are meant to do with this precious gift of time? And she writes about how we can navigate the "fertile voids" that life periodically presents to us. She makes suggestions about exercise (including three key movements for optimal health), diet (how to eat by color), meditation, and how learning new things and creating fresh pathways in your brain can add quality to your life. Fonda writes of positivity, and why many people are happier in the second half of their lives than they have ever been before. In her #1 New York Times bestselling memoir, *My Life So Far*, Jane Fonda focused on the first half of her extraordinary life—what she called Acts I and II—with an eye toward preparing for a vibrant Act III. Now we have a thoughtfully articulated memoir and guide for how to make all of your life, and especially Act III, Prime Time.

How We Love Now Suzanne Braun Levine 2013-01-29 Where do we find the relationships that matter in our second adulthood? Susanne Braun Levine, author of *Inventing the Rest of Our Lives*, answers these questions with charming wit, experience, and intrigue in *How We Love Now*, with a new introduction by the author. Today, women in their fifties, sixties, and seventies are defining a totally new love narrative. Whether they are already experiencing intimacy—and great sex!—or longing to, these women are discovering unparalleled freedom and joy. Continuing Suzanne Braun Levine's ongoing conversation with women in Second Adulthood, *How We Love Now* draws on her interviews with women across the country. Some are finding new relationships—with younger men, other women, or rediscovered childhood sweethearts—while others are enriching longstanding ones. (Of course, the Internet has opened up a new world of opportunities.) Their funny, heart-wrenching, and inspiring stories prove that this pioneering generation of women is

continuing to take risks—and enjoying life more than ever.

Living Through Loss Nancy R. Hooyman 2021-08-31 *Living Through Loss* provides a foundational identification of the many ways in which people experience loss over the life course, from childhood to old age. It examines the interventions most effective at each phase of life, combining theory, sound clinical practice, and empirical research with insights emerging from powerful accounts of personal experience. The authors emphasize that loss and grief are universal yet highly individualized. Loss comes in many forms and can include not only a loved one's death but also divorce, adoption, living with chronic illness, caregiving, retirement and relocation, or being abused, assaulted, or otherwise traumatized. They approach the topic from the perspective of the resilience model, which acknowledges people's capacity to find meaning in their losses and integrate grief into their lives. The book explores the varying roles of age, race, culture, sexual orientation, gender, and spirituality in responses to loss. Presenting a variety of models, approaches, and resources, *Living Through Loss* offers invaluable lessons that can be applied in any practice setting by a wide range of human service and health care professionals. This second edition features new and expanded content on diversity and trauma, including discussions of gun violence, police brutality, suicide, and an added focus on systemic racism.

50+ Library Services Diantha Dow Schull 2013-03-04 Adults over the age of 55 constitute some of the most engaged and frequent users of public libraries. They may also be the most misunderstood. As Baby Boomers continue to swell their ranks, behavior and trends in older adults have changed dramatically in the last ten years--and most literature on this topic is hopelessly out of date. Schull, co-editor of *Boomers and Beyond*, helps improve the situation by * Presenting over a dozen case studies of public library programs for older adults, spotlightin best practices that can be applied at other institutions * Detailing a four-year program, presented by the Lifelong Access Libraries National Leadership Institute, that trains librarians to meet the needs of people over the age of 50 * Discussing issues such as creativity, health, financial

planning, heritage adn planning, and intergenerational activities from the over-50 perspective, laying out the trends and implications for libraries * Including samples of materials that illustrate new approaches to policies, staffing, programs, services, partnerships, and publicity Containing the keys to reshaping library services for older adults, Schull's book needs to be in the collection of every public library.

The Woman's Guide to Second Adulthood Suzanne Braun Levine

2011-12-05 Second Adulthood is a new stage of life for women over fifty. The first generation of socially emancipated women have reached an important frontier; they have fulfilled all their roles - daughter, wife, mother, career woman. Yet with longer life expectancy and better health they have no intention of retiring from the world. At the same time these women are experiencing an often bewildering array of physical readjustments: their brains experience a growth very similar to that in adolescence, they enter menopause, their sexual and emotional rhythms change. Such momentous challenges raise three crucial questions that each woman must answer for herself: What matters? What works? What's next? Drawing on interviews, science, trend analysis and her own struggles, Levine explores all the issues and offers countless stories of how others have answered those three questions. This is the inspiring handbook and companion for every woman entering these uncharted waters.

When Our Grown Kids Disappoint Us Jane Adams 2004-06-03 Offers advice on how to stop taking on the responsibility of caring for and fixing a grown child's problems while addressing feelings of guilt and frustration.

Dating the Older Man Belisa Vranich 2008-08-17 Some 12 million women have found happiness with older men - and you could be next. Dating the Older Man helps women get over all the judgment that comes with older/younger unions. Written by Dr. Laura Grashow and Dr. Belisa Vranich, the New York Daily News's "Dear Doctor" columnist, this book deals with everything younger women coupled with older men go through on a daily basis. Complete with case studies and easy-to-reference Q&As, this book is the go-to guide for any younger woman

looking to make her romance last.

If You Know Who You Are, You Will Know What to Do Ronald J.

Greer 2012-03-01 This volume offers a timely look at the important topic of integrity. What does integrity mean? What does it involve? How do we "do" integrity? Drawing on his experience as a Christian, a minister, and a pastoral counselor, Ronald J. Greer explores the two sides of integrity: personal integrity and moral integrity. Personal integrity involves an integrated life, where we are in harmony with ourselves, while moral integrity reflects the evolution of the word, as the idea of morality and ethics merged with the concept of wholeness Perfect for the graduate or as a gift for anyone at a key turning point in their lives, this small book provides the insight and guidelines that will become the touchstones for a good, well-lived life.

Risk/Reward Anne Kreamer 2015-06-09 A persuasive and eye-opening look at the importance of embracing risk in our working lives—and how to use it to achieve lifelong career success Some of us relish the chance to fly without a net, others . . . not so much. But no matter how adventurous we might be in our personal lives, most of us are wary of allowing risk into our careers. With an economy in constant flux and a job market in which uncertainty is the only constant, stepping outside one's comfort zone can feel dangerous. But as the findings of this eye-opening and urgent book attest, the avoidance of risk might pose the greatest danger of all to our career prospects. In *Risk/Reward*, trend-spotter and career guru Anne Kreamer makes the compelling case that embracing risk is essential to managing a twenty-first-century career. Risk-taking isn't just for entrepreneurs, nor does it require working on a figurative tightrope. Rather, Kreamer says, conscious, consistent, and modest risk-taking can help us become more able to recognize opportunity when it appears, and more likely to seize the chance to make the right change at the right moment. *Risk/Reward* presents a framework for making the most of today's ever-evolving workplace and turning risk-taking into a daily practice. Using proprietary data from three national studies about the American worker, Kreamer explores the importance of career risk-taking through profiles of four *Risk/Reward* personality types:

Pioneers, Thinkers, Defenders, and Drifters. She presents a Risk/Reward Matrix that anyone can use to identify his or her own innate risk threshold, and she identifies constructive ways to implement risk in everyday situations—from initiating an uncomfortable conversation with a boss to sharing out-of-the-box ideas with colleagues or constructively challenging long-held practices in an organization. Peppered throughout Risk/Reward are insights and hard-won wisdom from notable achievers such as bestselling author Anna Quindlen, journalist Jane Pauley, CNBC financial maven Jim Cramer, thought leader Po Bronson, and Facebook COO Sheryl Sandberg. Timely and insightful, Risk/Reward is a unique blend of practical and inspirational wisdom that even the most risk-averse person can harness on the path toward success and fulfillment. Praise for Anne Kreamer's *It's Always Personal: Navigating Emotion in the New Workplace* "A stimulating read bolstered by . . . some of the best recent work on emotional intelligence and the science of happiness."—The Wall Street Journal "So what should be the rules and boundaries for showing how you feel while you work? That's a question asked and answered in Anne Kreamer's fascinating . . . look at an issue that rarely gets discussed."—The Washington Post "Finally, someone is willing to unpack the morass of anger, anxiety, sadness, and joy that drives the workday. . . . [Kreamer] has hit the 'It's about time!' button."—Elle "[A] lively, well-researched exploration of emotions on the job."—Oprah.com "Explores how to be true to your 'emotional flashpoints—anger, fear, anxiety, empathy, happiness and crying'—without sabotaging your career."—The New York Times Book Review

How We Love Now Suzanne Levine 2012 The award-winning former editor of Ms. magazine builds on the philosophies introduced in *Inventing the Rest of Our Lives* and *Fifty Is the New Fifty* to counsel mature women on how to enjoy a healthy and fulfilling sexual life, sharing illuminating stories about women who are discovering modern opportunities for renewed passion and intimacy.

Pre- and Post-Retirement Tips for Librarians Carol Smallwood 2012 Smallwood's volume offers insight, inspiration, and tips for those already

retired as well as those thinking about retiring.

Can Men Have It All? Suzanne Braun Levine 2014-03-19 It's not just moms who are struggling with the work-family juggle; more dads are suffering from the stress of unreachable expectations and incompatible commitments. Now, in this second phase of the women's movement, one of the founding editors of Ms. magazine says men can be allies, not enemies, if they use their power (earned or not) to protect their families.

Fifty is the New Fifty Suzanne Braun Levine 2009 Outlines ten lessons for maximizing creativity and personal satisfaction after the age of fifty and shares advice on such topics as confronting change, renegotiating one's relationships, and setting boundaries.

Falling Together Donna Cardillo 2016-04-05 There are times in life that shake us to our very foundations. We wish for things to get better, fast. But the truth is that moments of "falling apart" are also our most powerful catalysts for growth and change. In *Falling Together*, Donna Cardillo, a registered nurse, Dr. Oz blogger, and beloved public speaker, reflects on the overwhelming challenges that fall into every life, and the renewal that comes when we are able to meet them with courage. A funny, big-hearted self-help memoir that takes on issues like divorce, caregiving, and burnout—and many women's biggest enemies of all, fear, insecurity, and self-doubt—*Falling Together* shows how to turn the challenges that threaten to knock us to the ground into the building blocks we need to become more successful, more joyful, and ultimately, more alive.

If You Know Who You Are . . . You'll Know What to Do Ronald J. Greer 2010-09-01 A timely discussion on the impact and importance of integrity. Author Ronald J. Greer: "People today want to live with more depth and authenticity—to be true to who God created them to be. There is a desire to get it right, to live lives of integrity. There is a sense that living with integrity would be to experience greater meaning, purpose, and fulfillment. "But what does integrity mean? What does it involve? And how do we go about doing it? This book is designed to address the issue of integrity in a thoughtful, practical way. It is written from my vantage as a Christian, a minister, and a pastoral counselor. It is for

those who want to understand what integrity means, how it can benefit them, and how to apply it to their lives."

Woman's Guide to Second Adulthood Braun Levine Suzanne 2004-08-11 The Woman's Guide to Second Adulthood identifies a new stage of life for women over fifty - second adulthood. This generation of women have fulfilled all their assigned roles - daughter, wife, mother, career woman, all-around self-sacrificing nurturer. With longer life expectancy, better health and being the first generation of truly empowered women, neither are they interested in retiring from the world. Second Adulthood gives women another chance to make their lives - this time free of the limitations and expectations of their first adulthoods. Drawing on interviews, cutting-edge science, up-to-date trend analysis, and her own struggles, Levine shows that Second Adulthood women are not just older; they really are different. Even current medical research shows that the brains of middle-aged women experience another growth almost as pronounced as at adolescence. These changes affect all aspects of a woman's life - health, sexuality, work, relationships - and The Woman's Guide to Second Adulthood is the handbook and companion to take you through these uncharted years. Levine explores every issue, offers solutions and countless stories to answer the three big questions each woman wrestles with - what matters? what works? what's next?

The Big Shift Marc Freedman 2012-04-10 Marc Freedman, hailed by the New York Times as "the voice of aging baby boomers [seeking] meaningful and sustaining work later in life," makes an impassioned call to accept the decades opening up between midlife and anything approximating old age for what they really are -- an entirely new stage of life, which he dubs the encore years. In *The Big Shift*, Freedman bemoans the fact that the discussion about longer lives in America has been entirely about the staggering economic costs of a dramatically aging society when, in reality, most of the nation's 78 million boomers are not getting old -- at least not yet. The whole 60- to 80-year-old period is simply new territory, he writes, and the people in this period constitute a whole new phenomenon in the 21st century. *The Big Shift* is animated

by a simple premise: that the challenge of transitioning to and making the most of this new stage -- while deeply personal -- is much more than an individual problem; it's an urgent social imperative, one affecting all generations. By embracing this time as a unique period of life -- and providing guidance, training, education and support to the millions who are in it -- Freedman says that we can make a monument out of what so many think of as the leftover years. The result could be a windfall of talent that will carry us toward a new generation of solutions for growing problems in areas like education, the environment, and health care.

As Time Goes By Abigail Trafford 2010-01-12 People today are living longer and healthier lives than at any other time in history -- with profound implications for the nature of their romantic relationships. In this inspiring new book, best-selling author Abigail Trafford describes how people over fifty are rewriting the script of love and in the process redefining the institution of marriage for future generations. Drawing on interviews with hundreds of men and women, married and single, gay and straight, she shows how the unprecedented period of vitality after midlife but before traditional old age is much more complicated romantically and sexually than those glossy images of gray-haired people on the beach would suggest. And she reveals how today's fifty-plus men and women are raising the bar on marital satisfaction. They are more likely to break up an unhappy liaison than previous generations; and they are more freewheeling in finding new formulas for romantic satisfaction. Trafford deftly narrates what it means to love and be loved in the decades after midlife -- and she offers solutions to the most common problems that define this time of life. Whether she's shedding light on "retired-spouse syndrome," sharing stories of sexual turmoil, explaining how to plan a marital time-out or navigate the troubled waters of divorce, Trafford's wise and compassionate counsel is imbued with her signature warmth and reassurance. *As Time Goes By* is an urgently needed guide to the pursuit of love and happiness in this dynamic stage of life.

Empty Nest, Empty Desk, What's Next? Dr. Rita Smith 2018-04-26 Baby Boomer women are the first generation of women to retire from professional career roles. These women were uniquely born into a

generation known for breaking down traditional societal barriers and searching for personal fulfillment. They pioneered their entrance into the male-dominated professional workplace and persevered to levels of unprecedented success. These are strong, bright women. So why wouldn't retirement be an easy transition for them? Unfortunately, these trailblazing women are ill prepared for the psychological challenges of retirement, and there are no roadmaps and few female role models to guide them. Dr. Rita Smith interviewed over 200 Baby Boomer professional women, and found a common experience among them—being unprepared for “retirement shock.” Empty Nest, Empty Desk, What's Next? shares these women's stories, their challenges, and their successes. The book also includes a Boomer Retirement Re-Imagined Roadmap© which, along with interactive exercises, provide the missing guidance and support to help Baby Boomer professional women reinvent a retirement that works!

Our Bodies, Ourselves: Menopause Boston Women's Health Book Collective 2008-06-16 FROM THE EDITORS OF THE CLASSIC "BIBLE OF WOMEN'S HEALTH," A TRUSTWORTHY, UP-TO-DATE GUIDE TO HELP EVERY WOMAN NAVIGATE THE MENOPAUSE TRANSITION For decades, millions of women have relied on *Our Bodies, Ourselves* to provide the most comprehensive, honest, and accurate information on women's health. Now, in *Our Bodies, Ourselves: Menopause*, the editors of the classic guide discuss the transition of menopause. With a preface by Vivian Pinn, M.D., the director of the Office of Research on Women's Health at the National Institutes of Health, *Our Bodies, Ourselves: Menopause* includes definitive information from the latest research and personal stories from a diverse group of women. *Our Bodies, Ourselves: Menopause* provides an in-depth look at subjects such as hormone therapy and sexuality as well as proven strategies for coping with challenges like hot flashes, mood swings, and night sweats. In clear, accessible language, the book dispels menopause myths and provides crucial information that women can use to take control of their own health and get the best care possible. *Our Bodies, Ourselves: Menopause* is an essential resource for women who are experiencing -- or expecting --

- menopause.

In Our Prime Patricia Cohen 2012

Five Gifts of Pro-Aging Marcia Newman 2014-05 In her timely guidebook, Boomer therapist Marcia Newman brings a fresh response to an anti-aging American culture that targets women to find their value in remaining youthful looking. *Five Gifts of Pro-Aging* was born out of Marcia's own aging crisis and her three decades of working with women who increasingly find themselves obsessed with the insatiable practice of nip, tuck, highlight, laser, and fill. Through humor and her no-nonsense style, Marcia provides valuable tips, motivational questions, and personal stories to help you age more consciously and comfortably. *Five Gifts of Pro-Aging* will help you to: * Take stock of your own age phobia * Uncover and recover from prolific social stigmas about growing older * Learn about feminine carry-over behaviors and how to transform them * Clear up unfinished business and bring honor to your maturity * Feed your seasoned inner animal with the gift of wildness * Join with other pro-aging women who are bringing the humane back into humanity Marcia Newman is dedicated to helping Baby Boomers pioneer healthier aging attitudes and actions. In Marcia's own words, "We are the perfect ones to revolutionize the aging freedom movement. It is my joy and privilege to bring this labor of love into the mix. My vision holds a brighter, more mature culture where women are able to receive full human dignity, no matter one's chronological age."

Still Doing It Deirdre Fishel 2008-10-02 "An informed, honest, joyous book. Younger women may well envy us." -Suzanne Braun Levine, author of *Inventing the Rest of Our Lives* and "Sex, love, and life can grow even richer as we grow older, and the stereotype-busting women in this book show us scores of ways. These women are not going downhill, they're on a roll. They are women of juice and wisdom-and living proof that the best is yet to come."- Gina Ogden, PhD, author of *Women Who Love Sex*, *The Heart and Soul of Sex*, and *The Return of Desire* When Deirdre Fishel and Diana Holtzberg began work on their documentary *Still Doing It*, they knew they were catching a wave. The women of the baby-boom generation who had been so outspoken about sexuality and freedom were

about to turn sixty, yet no one was talking about the revolution in aging. Nor was anyone letting on about the big dark secret that women born before the boomers, even way before, were a hell of a lot more vital than the images we were getting, and many were still having sex-and loving it! In *Still Doing It*, Fishel, Holtzberg, and the incredible women in their documentary broke the silence. Now they are back, with a stimulating and eye-opening book that offers a deeper look at women who break every stereotype we have about sex and intimacy. These women are dynamic, confident, opinionated, and wise. They're also having the kind of intense sexual experiences and fantasies we never associate with grandmothers. You'll meet Betty, who met her live-in boyfriend in an online chat room when she was sixty-nine and he was twenty-two; Joani, age seventy, who shares her boyfriend with another woman; and Frances, who encountered the intellectual and sexual love of her life at eighty. Today's women are living longer, healthier lives, and their appetite for sex and adventure isn't fading. Aware of their mortality, they understand just how precious life really is, and are willing to take risks to go after what they want. Challenging stereotypes about older women, *Still Doing It* lets everyone know that sex and adventure do not need to end when you hit sixty (or seventy . . . or ninety!). In fact, the good stuff is often just beginning.

Harper's Bazaar

Ms. Magazine Gloria Steinem 2007

Repotting Diana Holman 2010-09 This book is for 21st-century women who don't need a better daily planner - they need a better life. Diana Holman and Ginger Pape give you the answers to the question: How do I change my life? No matter where you are on your life's journey, you can apply the ten-step process and come away with a personal repotting plan. This book offers an interactive program with very specific exercises to enable you to tailor the repotting experience to your own circumstances. It also provides tests and exercises to help you determine your readiness to change, identify your priorities and goals, create a strategy, and make it all happen. You'll draw inspiration from stories about real women who have joined the repotting movement, and you'll be

able to see yourself in the life of another repotter. If you're ready to make a radical departure from the status quo of your life, then repot, repot, repot! Reading this book is the first step on your road to a better, more fulfilling life!

Stable Wisdom Shirley J. Potterton 2013-07-15 Although midlife has been traditionally viewed as a time of decline, science and experience are demonstrating that most of our fears are unsupported. For many women it can be a time to rediscover important aspects of themselves that have been left due to the responsibilities of motherhood and careers. In *Stable Wisdom*, lifelong horsewoman Shirley Potterton provides a one-of-a-kind guide for women on a midlife journey that encourages transformation and positive changes with the help of an equine companion. Potterton, whose love for horses was rekindled at midlife, relies on experiences from her own journey of self-discovery as well as others to share powerful tools and exercises to help women embrace the wisdom of an intuitive creature in order to move forward, develop new skills, and utilize innate strengths. Through a step-by-step plan that can be applied with or without a horse, women can learn how to listen to the inner voice for direction; create and renew energy levels; develop a courageous approach to life; bring insight, wisdom, and experience to leadership roles; and initiate self-reflection without judgment. *Stable Wisdom* provides valuable guidance, tools, and confidence for any woman in midlife who dares to think big and is ready to discover her own unique wisdom and implement exciting life changes.

Portfolio Life David D. Corbett 2011-01-13 Praise for *Portfolio Life* "Dave Corbett's book turns two simple ideas into a program for life-enrichment, that you can create a life expressly for yourself and that the so-called retirement years are the best time to do it. Drawing on a lifetime of work with people who were rethinking what they wanted and their direction, he shows how to do both those things. Be warned: If you read the book, you're going to be changed. But I think you'll like how you turn out." -- Bill Bridges, author, *Transitions* and *Job Shift* "Dave's book reveals a powerful and profound formula for crafting a genuinely rich life. If you agree that retirement is passé, and you are a lifelong learner and have a

desire to make your life count in a deeply fulfilling way, you will love this book." --Fred Harburg, former chief learning officer and president, Motorola University "Healthy, fit, financially secure, and happy for another 40 years? Is there really that kind of gold over 'them thar' hills? Yes, and Portfolio Life is the guide, leading boomers to a life path never before traveled by so many. Don't pass 50 without it." --Natalie Jacobson, news anchor, WCVB-TV Boston "This is the work of a wise, thoughtful author with decades of experience helping people be more successful in the next chapter of their lives. It will help you embrace change and explore the possibilities that come with an additional 20 to 30 productive years to be designed and lived on your own terms." --Anne Szostak, chairman, The Boys & Girls Clubs of America "This timely book should be read by anyone of any age who wants his or her life to have meaning and purpose beyond the accumulation of money and things." --Millard Fuller, founder, Habitat for Humanity and the Fuller Center for Housing

The Woman's Guide to Second Adulthood Suzanne Levine 2005 This title is about a radical new stage for women who have entered their midlife.

Retired with Husband Mary Louise Floyd 2006 "Written for baby-boomer "superwomen," who successfully combined career with family and now are nearing or newly in retirement. With humor and optimism, one of their own borrows from corporate reengineering strategy to propose a vision (with goals, objectives, strategies) for a successful retirement for both superwoman and her husband"--Provided by publisher.

Smart Women Don't Retire -- They Break Free The Transition Network 2008-06-13 For the amazing female pioneers who shattered the glass ceiling, a practical and inspiring guide to reinventing what's next. Boomer women have been trailblazers throughout their professional lives. Now that their careers are losing their edge and children leave the nest, these women are ready to do for retirement what they did for the working world--redefine it. The first book from The Transition Network focuses on the unique needs of women as they explore new possibilities and redesign the old model of retirement, which no longer offers the challenges that these women experienced throughout their careers. This

book shows how to create new and exciting work and volunteer opportunities and how to discover new outlets for creativity and passion. Rich in practical advice and stories from women who have successfully navigated this stage, *Smart Women don't Retire -- They Break Free* is a blueprint for women seeking a whole new set of life choices. The Transition Network is a nation-wide community of women who are creating exhilarating new transition possibilities. Members network through monthly programs; online; and through dynamic peer groups. Members have had successful careers in government, finance, international corporations, and the arts.

Grief and Loss Across the Lifespan, Second Edition Judith L. M. McCoyd 2015-09-11 The book addresses grieving patterns and intervention strategies according to the life trajectory and provides clinical intervention tools and strategies for coping according to the developmental stage of an individual. It incorporates losses beyond death loss, with special focus on losses related to maturational development. The second edition reflects new research that has clarified and underscored the value of theories examined in the first edition, particularly in the areas of continued bonds, disenfranchised grief, and ambiguous grief. It describes how grieving is influenced by biological responses to stress, psychological responses to loss, and social norms and support networks.--publisher.

Grief and Loss Across the Lifespan Carolyn Ambler Walter, PhD, LCSW 2009-03-23 "[Grief and Loss Across the Lifespan] represents a significant advance because it looks at the issues from a bio-psychosocial perspective. To a social worker who has worked mainly in a medical and nursing environment, this is a great step forward." --Bereavement Care "[Offers] valued sensitivities, knowledge, and insights, and most importantly, age-appropriate interventions for a range of significant losses....Counselors will want to keep this indispensable work close at hand." -Kenneth J. Doka, PhD Author, *Counseling Individuals With Life-Threatening Illness* "By taking a lifespan view, this book fills a gap in the literature on loss and grief and takes theory and practice in new and invigorating directions. It will be welcomed by those professionals of all

disciplines who daily listen to and help re-write narratives of loss." - Jeffrey S. Applegate, PhD Professor Emeritus Graduate School of Social Work & Social Research Bryn Mawr College "[A] thorough, thoughtful, sensitive, and up-to-date contribution that may be the best book available today for teaching bereavement, grief, and mourningÖ.[H]ighly recommended for experienced grief professionals as well as for students." -Jeffrey Kauffman, MA, MS, LCSW, BD, CT, CAS, BCETS Psychotherapist in private practice, Philadelphia, PA "Walter and McCoyd have written a well-organized and comprehensive examination of grief and bereavement that will be useful to the seasoned professional as well as the student new to grief and loss. The historical analysis of grief theory from classic to postmodern is interesting reading and essential for a full understanding of grief and loss in modern society. " -- Paige E. Payne, MS, MSW, LSW Support Services Manager PinnacleHealth Home Care and Hospice Harrisburg, PA Grief and Loss Across the Lifespan is unique in its treatment of grieving patterns and intervention strategies for different age groups. With this book, students and practitioners will learn how grief is influenced by biological responses to stress, psychological responses to loss, as well as social norms and support networks. The authors utilize a developmental framework, as each level of development from infancy through old age is addressed in four ways: Reviews normal developmental issues, abilities, and challenges for the age in question Analyzes how individuals of each age cope with serious loss of a significant other, and how they may experience life-threatening illness themselves Examines how significant others react to and mourn the death of someone in that age range Identifies the normative losses a person is likely to experience, and addresses protective and risky ways of coping with those losses The authors review important grief theories, such as postmodern and Dual Process Theory, and discuss current topics in grief, including continuing bonds, meaning making, ambiguous loss, and disenfranchised loss. With the help of this book, practitioners and students of grief counseling can learn to help patients of all ages understand that loss is at the heart of life and growth.

Natural Environments and Human Health Alan W Ewert 2014-04-25 The role natural environments play in human health and wellbeing is attracting increasing attention. There is growing medical evidence that access to the natural environment can prevent disease, aid recovery, tackle obesity and improve mental health. This book examines the history of natural environments being used for stress-reduction, enjoyment, aesthetics and catharsis, and traces the development of the connection between humans and the environment, and how they impact our personal and collective health.

Inventing the Rest of Our Lives Suzanne Levine 2006

Inventing The Rest Of Our Lives Women In Second Adulthood

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