



## Wake Up! a Mid-Life Challenge

By Roy C Richards

Dog Ear Publishing, United States, 2006. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Renewal for Men and Women In Their Thirties, Forties, Fifties and Beyond Are you among the millions of North Americans over age thirty-five burdened down by unfulfilled dreams, diminished expectations, an irrational fear of tomorrow and a stressful, uninspiring daily routine? Is your life at mid-stream far less than you had intended it to be? Our book, A Mid-Life Challenge-Wake Up!, was written to restore joy, reestablish positive expectations and return a spirit of adventure to your life! Almost by accident, the author awakened in the year 2000 to a highly positive realization: persons in their middle years need not abandon dreams of a fulfilling career, mutually beneficial personal relationships and a prosperous lifestyle precisely on their own terms. Indeed for most, middle age is an ideal time to reassess the present, creatively plan for the future and take control over life's direction. Unlike the author, readers need not endure thirty long years of sleepwalking through life or rely upon a once-in-a-lifetime chance inspiration. Based upon personal experience and observation of successful renewal graduates, the...



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