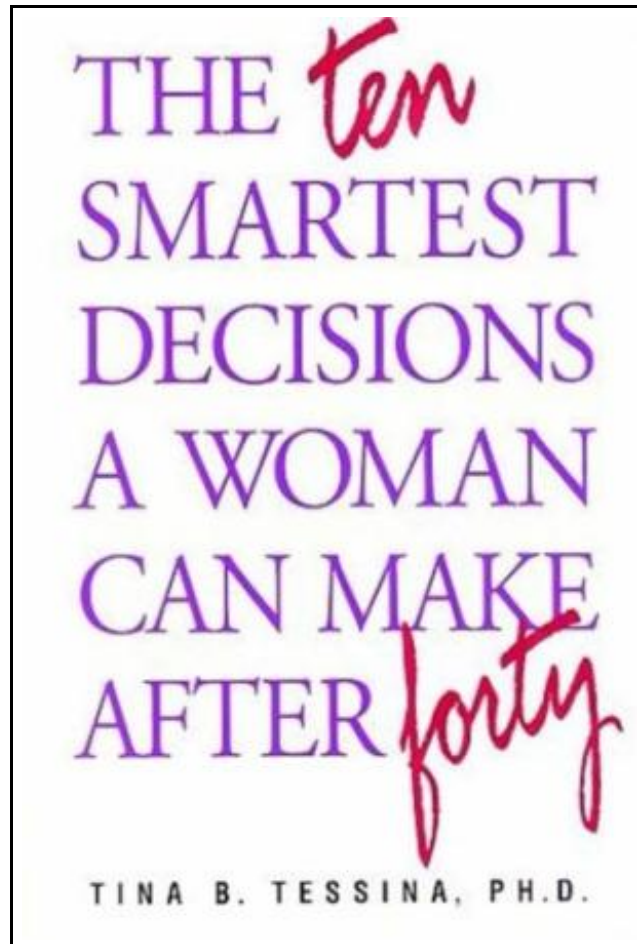


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Paperback. Book Condition: New. Paperback. 187 pages. Dr. Tina Tessina helps women walk confidently into the prime of life. At last, a book for 40 women that does not focus on growing old gracefully, but on finishing the process of growing up, finally becomes a fully actualized adult. B Isadora Alman, syndicated AAsk Isadora columnist and authorThe longtime psychotherapist and bestselling author of The 10 Smartest Decisions a Woman Can Make before 40 now turns her attention to the special challenges and opportunities available to women over forty. In mid-life, many women find themselves in new circumstances. Women with grown children discover more free time or consider returning to school, or a new career. Movers and shakers may want to consider the possibility of setting up their own businesses. Women of all sorts will find themselves thrust into the role of caretakers to their parents and grandparents. This practical and effective book helps them map their options and outline their strategies for taking complete control of their lives. In a clear step by step guide, Dr. Tessina demonstrates how a woman over forty can make her own best decisions in: taking on a new role in the family caring for aging parents revitalizing a career B breaking through the glass ceiling, beating the stereotype of the older employee, and deciding whether to move to a new job or to set up a home business. revitalizing friendships and personal relationships and building new ones staying fit and healthy B acknowledging changing nutritional needs, physical changes, making the best of menopause, and avoiding depression. managing finances to plan for the future- B drafting a will, and evaluating retirement plans discovering and accepting a new mature self, finding meaning and purpose, creating fun, achieving balance in life, and discovering the benefits of giving...



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