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Keep Your Fork- Dessert Is on the Way Savoring the Second Half of Life

By Barbara Warner

Dog Ear Publishing. Paperback. Book Condition: New. Paperback. 120 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. After we reach age 50, we can look at our past knowing that we are not the same person we were 20 years ago, only 20 years older. We are wiser, possessing greater knowledge and making better life choices. Now is the time to set aside our cultures aging stereotypes that are often based in fear, isolation and personal diminishment. It is time to embrace the second half of life with optimism, passion, humor, creativity and wisdom. No generation in history has had this rich opportunity. Barb Warner relates personal stories that have led her to celebrate the first half of life and of the wisdom that those experiences have brought to the second half. Among the life experiences that she includes are change, creativity, life stories, gratitude and resilience. She hopes that this book brings to light ideas that will help all her readers discover their own genuine value and to explore their beliefs about the power they have to create magic in the second half of life. Now in her seventies, Barb is continuing to learn from her own life experiences. Her goal...



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