



# 50 Ways to Leave Your 40s: Living It Up in Life's Second Half

*Sheila Key, M.D. Peggy Spencer*

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## **50 Ways to Leave Your 40s: Living It Up in Life's Second Half** Sheila Key, M.D. Peggy Spencer

If you're approaching that huge milestone with less than your usual birthday enthusiasm, open this book to discover all the ways in which turning fifty might just be the best thing yet. The authors share a wide range of ideas for making this major life transition a time of opportunity, growth, and celebration. As Sheila Key writes in the introduction: "What Peg and I hope you'll hear among these pages is the irrepressible rustling of joy — joy enough to make you bust out laughing, sure, and the kind that comes from improving your mental outlook and physical habits, even just a little. But also the simple joy of having lived this long, of being able to look back over five full decades and forward to who-knows-how-many more; not to mention...the joy of living more mindfully in the ever-present Now."

Bursting with anecdotes, activities, "things to try at least once," advice from a savvy doctor, and clever ways to remember it all, this little volume sparkles like a treasure chest. It's as chock-full of useful and entertaining gems as your life is full of memories, regrets, dreams, and possibilities.

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