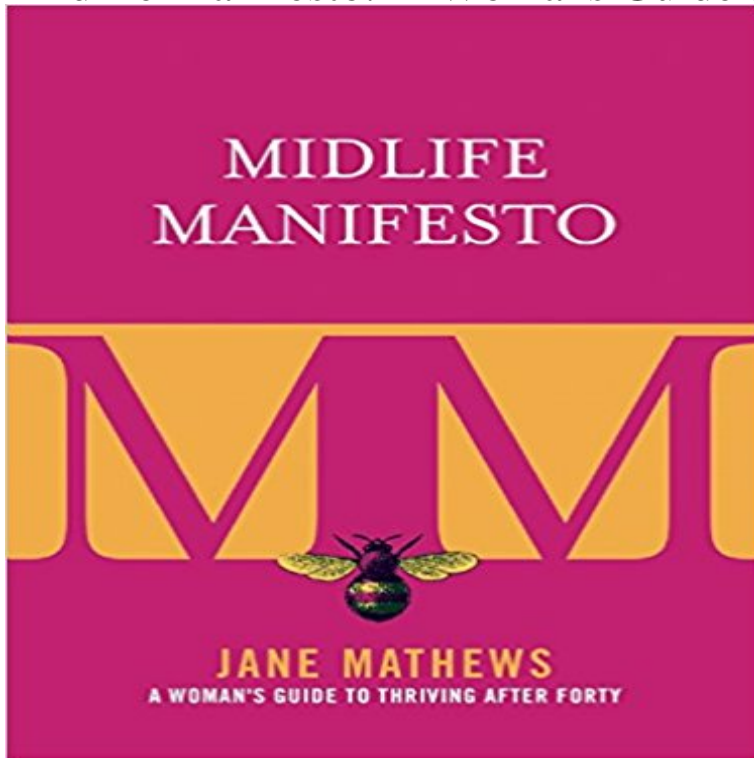


# Midlife Manifesto: A Womans Guide to Thriving after Forty



Conquer midlife crisis with this action plan and become the magnificent midlife woman you are! It is never, ever, too late to change the course of your life... The world has underestimated what we midlife women are capable of. Have you ever looked at your life and wondered is this it? At the crucial halfway point, do you wish you had your very own manifesto to reassert your passion and place in the world? Hilarious, insightful, and encouraging, *Midlife Manifesto* throws the limelight on the untapped potential of midlife women instead of obsessing over the struggles and crises that come with the 40s and 50s. Whether it regards financial independence, personal style, relationships, health, spirituality, or making your home a sanctuary, this personal guide will inspire you to achieve the transformation you deserve and create the plan to make it happen. Sharing her own ups and downs with candor and wit, Jane Mathews, who is still navigating but also rising above her own midlife crisis, provides a one-stop shop of ideas and resources to motivate you, guide you towards what really works, and supply you with a well-curated toolkit to write a blueprint for your future. With to-do-lists, tips, quotes, and pages for you to actively write on and piece together the real you, every reader will interpret the book differently, creating their own unique midlife action plan.

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