

Midlife Opportunity: Power, Money and Wellbeing in Your Late 30s & Early 40s



Early midlife (ages 37-44) is a time when we can go through midlife transition or have a midlife crisis. The attainment of money and power still looms large but the third leg that provides a stable, and good life is wellbeing. This book examines the four journeys we take in early midlife and the generations of the 20th and 21st century at midlife. Wellbeing is within walking distance -- it is attainable if you choose to journey well. As the author explains, you do not need to be a millionaire; you do need to plan for the future and handle your finances responsibly. You do not need to be a CEO of a company; you do need to be an honorable, trustworthy person with integrity in your family, among your friends and at work. You do not need to be an Ironman or a fashion model; you do need to take good care of your body, mind and spirit. In addition to reading the book, you can take the specially designed online learning course *Turning 40: Opportunity For Success*. It will give you extra empowerment in making the ages of 37-44 among the best of your life. Use this special discount link:

<https://www.udemy.com/turning40/?couponCode=HPS39>

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and Wellbeing In Your Late 30s and Early 40s taught by Barrett empower you in your professional and personal life as you enter early midlife.

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