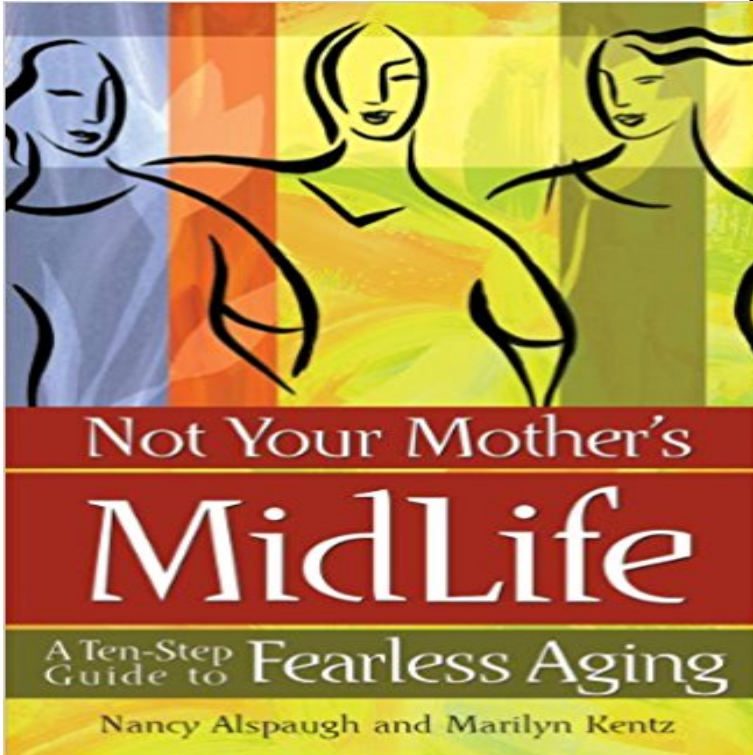


# Not Your Mothers Midlife: A Ten-Step Guide to Fearless Aging



Aging aint what it used to be. For one thing, people are staying younger longer. For another, countless baby boomers are rising up against the notion that with age comes worthlessness. In fact, Not Your Mothers Mid-Life: A Ten-Step Guide to Fearless Aging is more than a book; its a movement. This gloriously gutsy volume challenges societys worn-out perceptions that women become less valuable as they age. Instead, authors Nancy Alspaugh and Marilyn Kentz celebrate the fact that todays women can be more powerful, more efficient, more capable, and even more desirable as they age. In Not Your Mothers Mid-Life, readers will find 10 practical recommendations to help women face middle age with confidence and a positive attitude. From chapters like Let Go of Whats Not Working, Shore Up Spiritually, and Find a New Passion, Not Your Mothers Mid-Life contains personal growth exercises, humorous and poignant stories, and questions and visualizations to inspire new ways of thinking. Not Your Mothers Mid-Life takes the crisis out of mid-life, replacing it with passion, fearlessness, and unlimited possibilities.

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