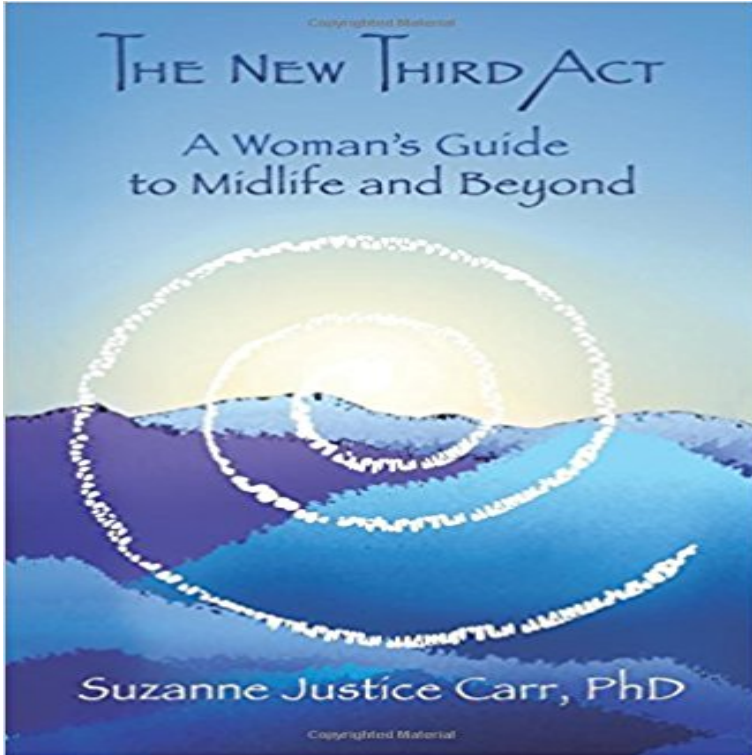


The New Third Act: A Womans Guide to Midlife and Beyond



Get ready to live your inspired life! Become the woman you were meant to be! In midlife, generally age 45 and up, many women experience a lot of change, and therefore, a lot of opportunity. Reclaim your dreams lost among the responsibilities of career and family, and discover joy and fulfillment during your lifes pinnacle -- The New Third Act. * Embrace change in the present moment and live intentionally *Claim your feminine strengths and stand in your power *Face physical and emotional challenges with heart-centered choices *Grow authentic identity as you learn from relationships *Simplify obligations to make better use of time *Silence your Inner Critic for deeper healing and meaning *Create new roles and responsibilities with your true work This empowering, entertaining book inspires you to a life of more serenity, satisfaction and success throughout this powerful time of life. Author Suzanne Justice Carr, PhD, discovered and lived this herself, then guided other women on this path. You will see yourself in stories shared by the author from her 80+ years alongside reflections from her three-decade career in counseling.

The New Third Act is the perfect time to choose to be realâ€”and really live!

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