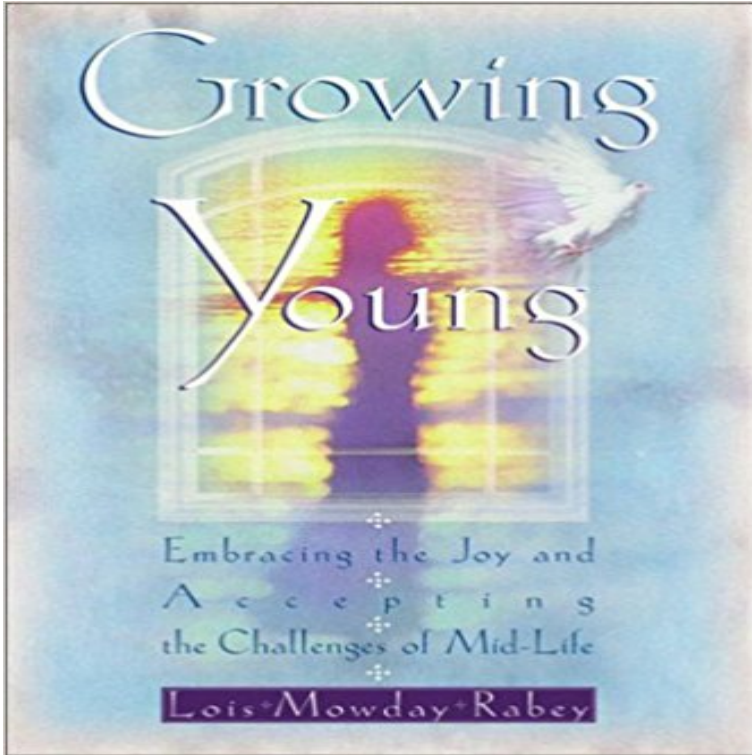


Growing Young: Embracing the Joy and Accepting the Challenges of Mid-Life



Enthusiastic and mature, vigorous and insightful, we women between the ages of forty and mid-sixty find ourselves in an incredibly unique phase in our lives—a time marked by fulfillment, introspection, and tremendous growth. From our outward appearance to our inner spirituality, our maturing relationship with our children to our shifting perceptions of self, it seems as though everything is on the cusp of change. Many of these changes are liberating. Some are unnerving. But all are a part of God’s beautiful tapestry design for our lives. With excitement, humor, and warm-hearted understanding, Lois Mowday Rabey explores these peaks and valleys in *Growing Young*, inspiring us to laugh, reflect, and celebrate as we move through the surprising -- and truly glorious -- God-ordained changes of mid-life.

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