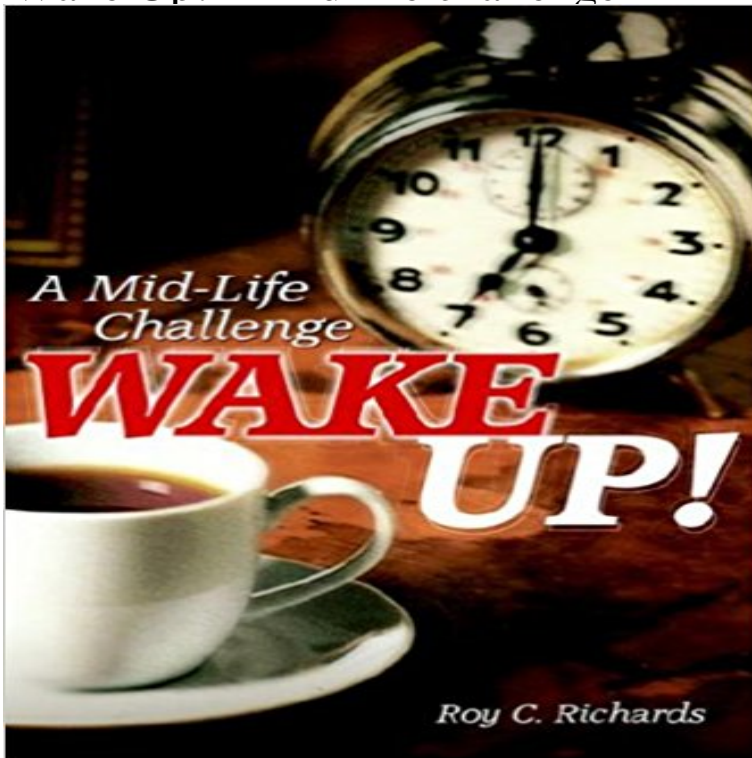


## Wake Up! A mid-life challenge



Renewal for Men and Women In Their Thirties, Forties, Fifties and Beyond Are you among the millions of North Americans over age thirty-five burdened down by unfulfilled dreams, diminished expectations, an irrational fear of tomorrow and a stressful, uninspiring daily routine? Is your life at mid-stream far less than you had intended it to be? Our book, *A Mid-Life Challenge-Wake Up!*, was written to restore joy, reestablish positive expectations and return a spirit of adventure to your life! Almost by accident, the author awakened in the year 2000 to a highly positive realization: persons in their middle years need not abandon dreams of a fulfilling career, mutually beneficial personal relationships and a prosperous lifestyle precisely on their own terms. Indeed for most, middle age is an ideal time to reassess the present, creatively plan for the future and take control over life's direction. Unlike the author, readers need not endure thirty long years of sleepwalking through life or rely upon a once-in-a-lifetime chance inspiration. Based upon personal experience and observation of successful renewal graduates, the author lays out a comprehensive step-by-step blueprint to reinvigorate life at mid-stream. This book will inspire any middle-aged woman or man earnestly committed to restoring positive emotions and reentering life's mainstream beginning this very day. The author Roy Richards is a motivational speaker and consultant and co-founder of the Middle Age

Renewal Training Institute (MART.) His stated mission is to revitalize the life experience for dispirited men and women over age thirty-five. A Phi Beta Kappa graduate of Carleton College, Northfield, Minnesota with a Masters in Business Administration from the University of Chicago, the author spent seventeen years climbing the corporate ladder with four major U. S. corporations. For the past fifteen years, he has thrived as a small business owner and entrepreneur. The author and his wife Gloria reside in Clive, Iowa, a suburb of Des Moines and are parents of two grown children, Kristen and Geoffrey. They share their home with an energetic English Springer Spaniel named Chips.

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