



Life Reimagined: The Science, Art, and Opportunity of Midlife (Paperback)

By Barbara Bradley Hagerty

Penguin Putnam Inc, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Barbara Bradley Hagerty is a wise and engaging guide through the possibilities of middle age. --Daniel H. Pink, author of To Sell Is Human and Drive A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better--and for good. There s no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It s a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In Life Reimagined, Hagerty explains that midlife is about renewal: It s the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology--as well as her own story of midlife transformation--Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships,...



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Reviews

The ebook is not difficult in read through easier to comprehend. Of course, it is perform, nonetheless an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Haylee Grimes PhD**

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- **Josie Koch IV**