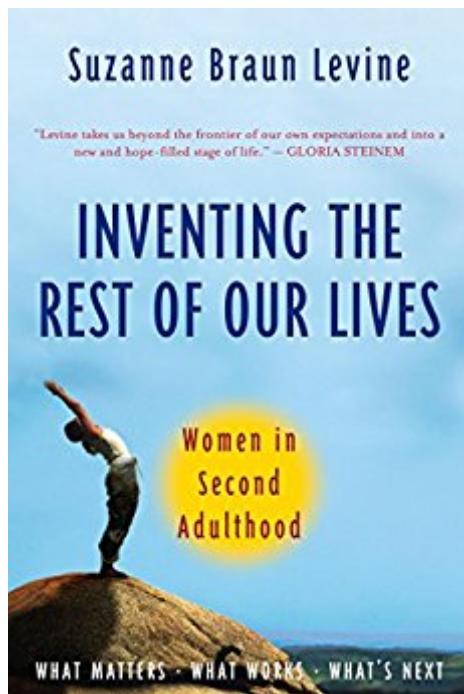


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# Inventing The Rest Of Our Lives: Women In Second Adulthood



## **Synopsis**

New brain research is proving it: Women at midlife really do start to see the world differently. Some 37 million women now entering their fifties and sixties—“a unique generation”—are refashioning their lives, with dramatic results. They have fulfilled all the prescribed roles—“daughter, wife, mother, employee, but they’re not ready to retire. They want to experience more. Suzanne Braun Levine gives us a fun, smart, and tremendously informative road map through the challenging and uncharted territory that lies ahead.

## **Book Information**

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## **Customer Reviews**

TRULY INSPIRING! Even though I'm sliding with great speed down the other side of "middle age", I'm finding the decline exciting and reassuring. Yes, our bodies and minds require more extensive upkeep BUT now there is more time to do the things in our lives that responsibility, lack of funds and lack of accumulated wisdom didn't allow before. Suzanne Levine reiterates and elaborates on the positives of aging that lights a spark in us to "get excited" about life and its possibilities. All those loving priorities in our lives that required our constant attention for so many years and the wonderful

stages we've passed through, not always easily, now are our fondest memories. In this age bracket life is seen from a different perspective. Suzanne touches on the growth spurt in our age group that inspires our intellectual curiosity, which is what I'm experiencing. As I always say, "Life doesn't HAVE to be miserable! We have choices and the older we are the more choices we allow ourselves!" I loved this book and I recommend it as a great gift to the woman approaching a formidable year.

I LOVE this book! Having recently retired, being within reach of 60, I am reinventing myself. There are a lot of realities discussed about aging, resorting priorities and interests, getting in touch with what is important to you that were really helpful, insightful and affirming. A key message is that it is OK not to try to 'hold up', look or even try to be our younger selves, but to allow who we are to evolve. Change is hard, and takes time, thought and can be hard. There are many life stories included along with research that emphasizes that we are all different and that's OK. In a society that replaces the aging with newer, brighter, sexier, 'fresh blood' on a regular basis, this book provides a different spin. It isn't depressing (a reviewer's comment), our society is. You can't prevent aging, but finding your own personal journey that can provide meaning is where she leads you. This book opens you to options and guides you to ask yourself some questions, seek clarity. Just what I needed to read now! I can see how reading this at the approach of 40 or even 50 might not work for everyone. You need to be ready!

I'm not a person who reads self-help books, but a friend loaned me her copy and urged me to read it. Although written a little like magazine articles, the book has something in it for every woman of a "certain age". It explains changes, both physical and mental, taking place in your body and mind and you come away knowing that it is not just you. Written with empathy and humor (my favorite part is the hair loss - I thought I was the only one) this book will make you feel that the future will be a positive experience, no matter what you do. I went out and bought copies for myself and my two sisters, and one to loan to friends.

I have known about this book for sometime through my involvement with The Transition Network...Braun Levine has been a popular speaker for many TTN chapters...but avoided it, thinking it was "more of the same." Was I wrong. From my perspective, in my sixties, moving from my mainstream life to what's next, this book caught my mood and made sense of it in developmental, rather than personal, terms. You know that nice feeling when a writer not only gets

what you are feeling but speaks of it in a way you couldn't quite articulate and you find yourself saying YES...well I found myself saying YES so much I had to laugh. I LOVE this book and have already urged several friends to read it as well. Suzanne Braun Levine is a good thinker, a good writer and a good teacher. I don't know her, but I'm guessing she is a good friend as well. I noted a review that thought less of this book and dismissed Levine's term, "the fertile void." I also noted that the reviewer was turning 40--- a very different sort of transition. I didn't understand that "fertile void" until I found myself in it. Our mainstream years are, of course, full of transitions, but moving from middle age to that odd and still unnamed place that we are just now creating between middle age and old age brings different transition challenges that require new ways of seeing ourselves. This book is a surprisingly good guide for women in that developmental stage.

I read this book because my friend sent an excerpt and I liked what I read. So, I purchased the book and devoured the entire thing. I felt like I was having a conversation with a good friend who really could help me understand what I had been feeling for a while. I enjoyed Levine's historical perspectives on women, and, again, I recognized myself in the descriptions. More importantly, I felt that I got permission to be confused as I am about to turn 60. I'm not ready to stop contributing, and at the same time I am not about to start setting the alarm clock again. I needed to see options and hear about the experiences of other women who are going through the same thing at this time of their lives. I saw not only myself, but other women friends who are in huge transitions, some not of their choosing. It was a rewarding read. I have recommended it to my friends and I am looking forward to the day we sit down and talk about it. My "fertile void" is not so scary anymore. In fact, I am kind of enjoying it!

Book was an easy read and addressed some personal issues for me, but didn't really help me solve the issues and I am experiencing at 55. I am reinventing my life, but didn't find this book as helpful as I had hoped it would be.

Everything went very well.

did a book study with some friends on this book and none of us felt we really got enough out of it. Just not a good fit for us

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