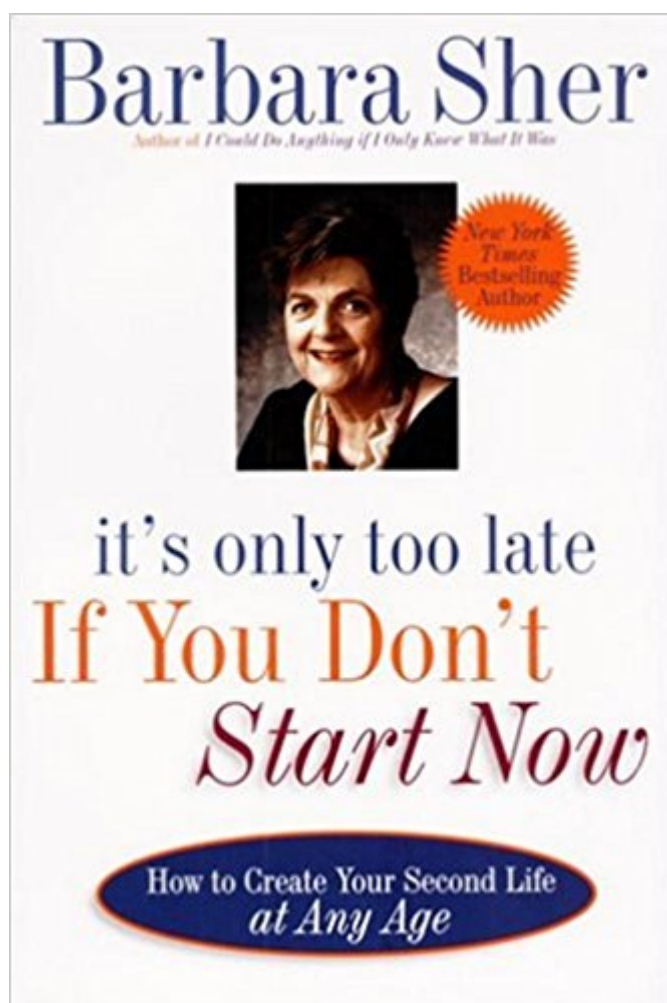


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It's Only Too Late If You Don't Start Now: HOW TO CREATE YOUR SECOND LIFE AT ANY AGE



Synopsis

Shattering the myth that turns midlife (or any age) into a crisis, this provocative guide is packed with sage advice.

Book Information

Paperback: 324 pages

Publisher: Dell Publishing; 1st edition (April 13, 1999)

Language: English

ISBN-10: 0440507189

ISBN-13: 978-0440507185

Product Dimensions: 6.2 x 0.7 x 9.3 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 68 customer reviews

Best Sellers Rank: #402,840 in Books (See Top 100 in Books) #122 in Books > Self-Help > Mid-Life #1050 in Books > Health, Fitness & Dieting > Aging #2657 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

As baby boomers hit their 40s and 50s in record numbers, they're beginning to realize that middle age isn't what it used to be--that the old assumptions about these difficult years just aren't true anymore. Barbara Sher, the author of such motivational bestsellers as *Live the Life You Love*, believes that midlife is the beginning of something better than mere youth, a time when "you start to live your life to suit who you really are." Instead of worrying about your slowing body or unrealized expectations, Sher says, why not focus on new opportunities to take risks and try new experiences, or to take another crack at personal goals you never had a chance to go for in the past? Sher's unique view of aging is a heartening one, and it is sure to bring encouragement to those who would like to see "the big 4-0" as a beginning rather than an end. --This text refers to an out of print or unavailable edition of this title.

Recognizing that many people feel that their best years are in the past once they turn 40, well-known therapist and author Sher (*How To Live the Life You Love: Practical Strategies for Realizing Your Dreams*, Audio Reviews, LJ 6/1/96) uses anecdotes, facts, and motivation to encourage listeners to make the most of the second half of their lives. Through a lengthy introduction, Sher revisits negative attitudes and experiences and points out their inaccuracies. She

then provides exercises and encouragement to help facilitate positive change. Although she sometimes comes off as patronizing, there is enough substance here to appeal to the growing population of over-40 baby boomers, making this a solid addition to any library with other motivational materials. ?Susan McCaffrey, Sturgis Middle Sch., MI Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I've read all of the reviews here, and felt compelled to add my own two cents' worth. While the author might overly-emphasize the "beauty vs. wisdom" theory, and does dwell too much on her own view that dwindling libido = greater creative opportunities, I'd still recommend this book to anyone at a midlife crossroads. Why? Because it's a solidly helpful book in most respects. When this book was released in 1998, I ordered a copy. I've been a big fan of Sher's for many years. At the time, my career had very unexpectedly stalled. Financial conditions were such that we (my family) had to downsize our home and lifestyle. In addition to those challenges, I had a breast cancer scare with lumpectomy. A few months later, my Dad died. This book was enormously helpful to me at a time when it seemed everything had tilted on axis in my world. Sher truly did help me find answers to the question, "Where do I go from here?" Chapter 3, "Time Limits", was particularly encouraging. Slapped hard in the face with the concepts of mortality, I began falling into crisis mode. What if my time is cut short? What if I've already run out of time? Those were haunting questions. Burying a parent in the midst of that crisis only served as fuel to the fear. Chapter 3 was enormously valuable in helping me to take some deep breaths, calm down and really explore what finite time had meant ****and could mean**** to me. Chapter 8, "Escape to Freedom", was another wonderful section that had a profound impact in my life. It's a chapter that I feel would be useful to anyone at any age. That chapter alone is worth the price of the book, and I still review chapters 10 and 11 periodically. Those last chapters brought about significant change in my life. They could for you, too. I only wish Ms. Sher had focussed more on the above-mentioned aspects of her message earlier in the book, because I believe age is something to celebrate, and beauty can glow from the face of a 90 year old. I also believe that most of us hope to enjoy a healthy, active libido right up 'till the day we're planted in the ground. To summarize? If you, like me, can dismiss Sher's personal opinions about (physically) aging, then I believe you'll gain much from the other, more encouraging, insightful & proactive elements of this book.

Anything by Barbara Sher is a treasure and this book is as well. Great for people who feel frozen in place and think they are too old to do what they dream about. Â¿Â¿ Â¿

Well, I'm pushing 60 - pushing it pretty hard you might say - and finally decided to give up my workaholic ways and get a life. I bought this book a while back, skimmed it, and put it up on a shelf for "when I had more time". Thank God I finally found some! Barbara Sher is a riot! She's down-to-earth and gives practical advice that actually makes sense. She allowed me to accept that I'm grouchy, sloppy, and no fun before my first cup of coffee - and I can STILL do wonderful things! Certainly, the second chapter of one's life should be the happiest. Barbara, in all her wisdom, gives us a guide on how to get there. What a blessing she is!

A wise, insightful book; the title doesn't do it full justice. Ms. Sher confronts, in a plainspoken and sensitive way, the grief, uncertainty and fear one feels as one gets older/grapples with life's challenging questions of 'What now?' and 'Are my best years behind me?' No quick fixes/solutions here, and not a 'new age-y' kind of book, but rather a solid examination of the transitions we go through and how to embrace, rather than deny them. An honest and empathetic book. I highly recommend it.

Excellent, insightful read. Many instances where I found myself wondering if the book was written just for me. Thankful that my counselor recommended this book to me.

Her "Wishcraft" book launched my career and took the lid off creativity and solutions. This one not as much but if you are unfamiliar with her amazing work and perspectives, this would be a good start. I'm an author and I have probably influenced the sale of her books even more than my own.

Sher delivers an upfront, honest, down-to-earth look at Midlife. I turned 40 not too long ago, and hadn't thought about midlife (consciously) yet. I have been, however, very stressed and frustrated. I've started wondering, "Is this it? Is this all there is? What have I been working so hard for?" I came across this book and am so glad I gave it a try. Sher discusses the purposes of our "first life", and the biological, emotional and cultural factors that affect us at various stages of our life. Her discussion of midlife (our second life), our illusions, our expectations, and what really is possible was so eye opening to me. Sher's words gave me clarity and hope for new opportunities to live the life I've always been striving for. I highly recommend this book.

Who hasn't asked what now? Great book to help you solidify your thoughts. Helps you figure out the

next steps. Very practical not theoretical.

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