



# How to Create the Life You Want After 50

*Sara Brown, Joan S. Malling*

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**How to Create the Life You Want After 50** Sara Brown, Joan S. Malling

Around 50, we baby boomers start asking, "What's next?" We need to sort out relationships, assess work and family responsibilities, and ask ourselves what we want to do with our time for the next 30+ years.

How to Create the Life You Want After 50 is a planning book to help you:

Focus on your future

Develop strategies to make transitions at midlife

Create your "Life After 50 Plan"

How to Create the Life You Want After 50 provides stories, tips, resources, and exercises to help you answer:

What's important to me now?

How can I live my life with purpose and passion?

How do I want to spend my time?

How can I improve my work/life balance?

How can my friendships be enriched?

How can I fulfill my family responsibilities and still make plans?

How can I stay healthy, fit, and optimistic?



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