



The Next Fifty Years: A Guide for Women at Midlife and Beyond

Pamela D. Blair

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IS THERE LIFE AFTER HOT FLASHES?

Yes! According to Pamela Blair, psychotherapist and author of *The Next Fifty Years*! That person in the mirror is you and now is the time to understand and accept the external changes while making some internal changes. Make peace with yourself, embrace aspects of yourself that have been unexplored, and dive passionately into what you love!

There has never been a better time to be a woman over fifty. Embracing the celebratory essence of *The Red Hat Society* and *Red Hot Mamas*—while at the same time moving beyond them—*The Next Fifty Years* offers solutions and support. Included is a group study guide with outlines for creating a meaningful forum for thoughts, concerns, joys, frustrations, and—fun with your friends and peers.

Today's woman is recognized as being far more complex and multidimensional than previous generations, fulfilling many roles in today's society. More than 150 short essays cover topics specific to women and aging, including:

- self-image
- mind
- emotions
- fears
- relationships
- spiritual self
- creative self
- finances
- health

Also included is journaling space for you to write your own thoughts and feelings. Intended both as a personal journal and guide to the best years of your life, *The Next Fifty Years* can become a written legacy between generations of women—past, present, and to come.

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Reading can called mind hangout, why? Because when you find yourself reading a book especially book entitled The Next Fifty Years: A Guide for Women at Midlife and Beyond your mind will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each word written in a guide then become one type conclusion and explanation which maybe you never get just before. The The Next Fifty Years: A Guide for Women at Midlife and Beyond giving you yet another experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary paying spare time activity?

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