



Reinventing Yourself After 40

Norma Boucher

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In this inspiring autobiography and advice book, Jamaican-born Norma Boucher tells the story of how she went from being a young, single mother with no high school diploma to a top-ranked tennis player with a college degree - all in middle age. Boucher grew up in a family of six children to a loving, gentle mother and a strict father. Though her father pressed all of his children to take their education seriously, the harsh punishments he used to motivate them had the opposite effect on young Norma. As a teenager, Boucher immigrated to England to study nursing and soon became pregnant. When she moved to the United States, her life seemed destined to taking care of her daughter and working menial jobs - until one day, at age 38, she became inspired to take up tennis. From then on, instead of ignoring her dreams, Boucher worked toward them. She achieved one athletic accomplishment at another, going on to earn her college degree at Alfred University and leading her college tennis team to its first undefeated season as a 50-year-old grandmother. Along the way, Boucher earned accolades from the prestigious Giant Steps Award for athletes who have overcome great odds to features in Sports Illustrated and documentaries. But, in Boucher's eyes, her greatest achievement was learning to listen to her heart's desires. No matter what age you are, Boucher's story will push you to take control of your destiny and rise to heights you never thought possible.



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