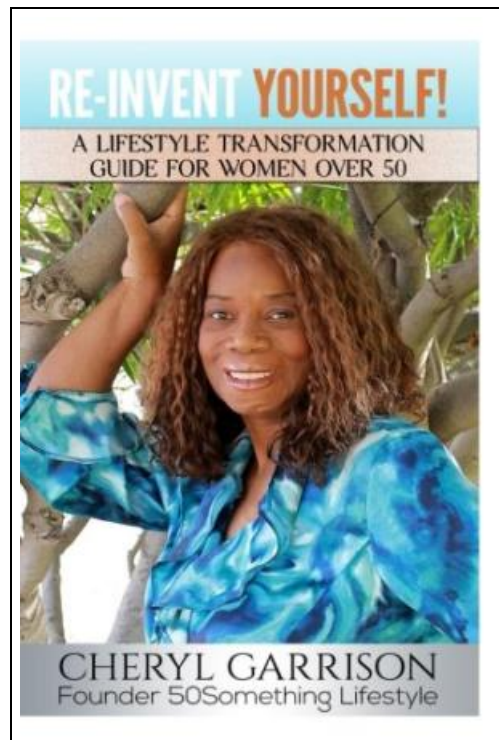


Re-Invent Yourself!: A Lifestyle Transformation Guide for Women Over 50 (Paperback)



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Reviews

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(Dr. Lily Wunsch II)*

RE-INVENT YOURSELF!: A LIFESTYLE TRANSFORMATION GUIDE FOR WOMEN OVER 50 (PAPERBACK)

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cheryl Garrison wrote Re-Invent Yourself after meeting numerous women over 50 who were struggling with the reality of growing older. Career change (including downsizing or layoff), empty nest syndrome, failed retirement, failed business, failed relationships and a lack of confidence in the future are just some of the issues facing women over 50. Cheryl begins the book sharing with the reader her personal journey from a bold and fearless 20-year-old to a 50something woman who has been defeated by life-altering changes. Re-Invent Yourself is a working guide that chronicles the steps Cheryl took to re-vitalize her life. Why do we stop dreaming after 50something? Why do we think we are too old to start a business or run a marathon? This book answers these questions and then provides resources to help women live out their dreams and aspirations. The book is filled with personal experiences and is divided into 5 chapters, each designed to move the reader closer to creating a Re-Invention Plan which is the objective of the book. Know Yourself - Helps the reader answer the question, Who are You? and What do you Want? Cheryl believes that at the core of many of the problems women over 50 have is a lack of true identify or an identity that has been lost in the years of giving to others and spending very little time taking care of ourselves. The exercises in this chapter lead women through an assessment of their self-esteem right now and gives techniques for helping them find their true identity. Women completing this chapter will also be able to take a hard look at what they are currently accomplishing in their personal and professional life and...



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