

# My Time: Making the Most of the Bonus Decades after Fifty (Paperback)

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#### Reviews

The very best publication i actually go through. It can be packed with knowledge and wisdom It is extremely difficult to leave it before concluding, once you begin to read the book. (Rhea Kunze)

## MY TIME: MAKING THE MOST OF THE BONUS DECADES AFTER FIFTY (PAPERBACK)



INGRAM PUBLISHER SERVICES US, United States, 2004. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Kids grown? Mortgage paid? Career topping out? What now? In My Time , best-selling author Abigail Trafford answers the questions more and more 50somethings are asking themselves. Thanks to the longevity revolution of recent decades, today s 55- to75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age-what Trafford calls My Time. Defining this period as a whole new developmental stage in the life cycle, Trafford skillfully guides readers through the obstacles of My Time and offers them the opportunity to take full advantage of the bonus decades. With the same wit, compassion, and vivid storytelling that made Crazy Time one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the psychoanalyst who gave up his practice to write self-help books, to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on every page of this inspiring and insightful book. Like Gail Sheehy's Passages, My Time profoundly impacts the journey through our adult years.

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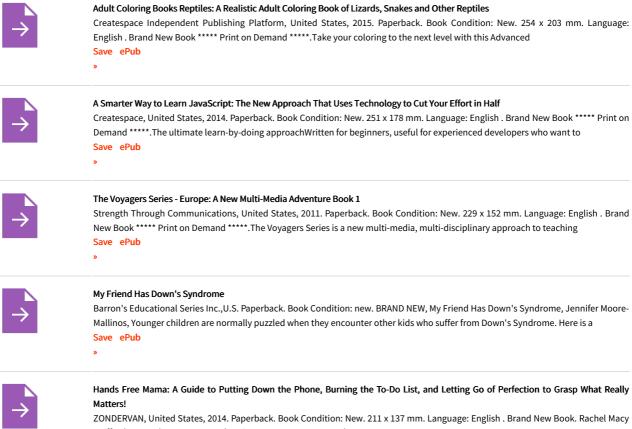
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