



## Mid Life Celebration (Paperback)

By Jeff Noel

Xulon Press, United States, 2013. Paperback. Book Condition: New. 201 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Our biggest midlife challenge isn't desire. It's time. Finding time to pause. Time to simply breathe in and maybe, actually, to take back. Take back a little time to do something for ourselves that is long overdue. To, well, quite literally, rethink reprioritize recommit These three simple steps guide us in taking more personal responsibility in life's five big choices: mind, body, spirit, money, and hq. Sooner or later it becomes crystal clear. Life is not a dress rehearsal. This book will remind you why today is not a good day to put your dreams on hold. Midlife crisis is spending our life chasing our dreams and finally getting there, more or less. But in looking around we think, This isn't what I wanted! Mid Life Celebration is using our gut-wrenching discovery, also known as a wake up call, to change things. But in another minute we will be on our way to some other important, shiny thing. Because, well, that is how we have learned to medicate ourselves. We unknowingly default to...



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-- **Estrella Howe DVM**

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-- **Mr. Caleb Quigley MD**

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