



Fortytude: Making the Next Decades the Best Years of Your Life -- through the 40s, 50s, and Beyond

Sarah Brokaw

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In her practice as a licensed therapist and through discussion groups all across the country, Sarah Brokaw has discovered that the women who navigate midlife most smoothly--who go on to prosper and to enjoy the best years of their lives--are those who foster five Core Values in themselves. In *Fortytude*, she shows how any woman can nourish these qualities in herself, and evolve and thrive.

The five Core Values are:

Grace - when a woman lives with integrity, capitalizing on her own strengths while admiring the strengths of others

Connectedness - experiencing satisfaction in connections with others


Accomplishment - the sense of realizing goals and getting things done--which is necessary in today's world, when women are expected to cram 48 hours of living into every 24-hour day

Adventure - a willingness to seek challenges outside the normal comfort zone

Spirituality - a personal approach to religion, and an understanding that life has a meaning beyond the day-to-day details

In Brokaw's reassuring voice and through the stories of incredible women from all walks of life, readers can learn how they, too, can embrace and fully enjoy their forties, fifties, and beyond.

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A lot of people always spent their own free time to vacation as well as go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book you read you can spent all day long to reading a guide. The book Fortytude: Making the Next Decades the Best Years of Your Life -- through the 40s, 50s, and Beyond it is quite good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too expensive but this book features high quality.

Brian Rutt:

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