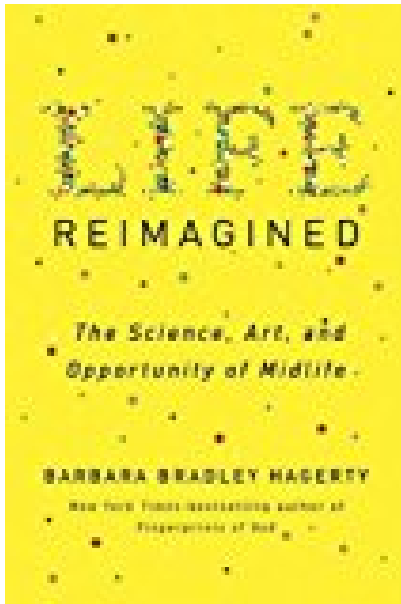


Life Reimagined The Science Art and Opportunity of Midlife



BOOK DETAILS

- Author : Barbara Bradley Hagerty
- Pages : 464 Pages
- Publisher : Riverhead Books
- Language : English
- ISBN : 1594631700

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BOOK SYNOPSIS

"Barbara Bradley Hagerty is a wise and engaging guide through the possibilities...of middle age." --Daniel H. Pink, author of *To Sell Is Human* and *Drive* A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better--and for good. There's no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It's a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is about renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology--as well as her own story of midlife transformation--Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures.

LIFE REIMAGINED THE SCIENCE ART AND OPPORTUNITY OF MIDLIFE -

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