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MIDPOINT

A SOURCEBOOK FOR
YOUR MIDLIFE JOURNEY



JOE RUTLAND

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Midpoint Sourcebook Your Midlife Journey

Gabby Logan



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Midpoint Joe Rutland, 2015-12-21 Many accomplishments and emotions fill a person's lifetime whether they take place at home in the workplace or on the road Success and failure have a way of calibrating life's time clock when it's off by a second or two These experiences when gathered together form a tapestry that is special unique and wonderful It also takes on more meaning during a person's 50th year alive In *Midpoint A Sourcebook* author Joe Rutland offers a collection of highs and lows from his own excursions while being 50 years old He draws upon those in the moment events as well as a look back upon numerous life experiences for inspiration Through the stories laid out in seven special sections Rutland offers you an opportunity to take stock of your own life His stories nudge you toward asking questions and looking within yourself *Midpoint A Sourcebook* provides plenty of opportunities to go inside the boundaries of a story and see what you could have done differently or how you would have handled these situations

The Midpoint Plan Gabby Logan, 2024-07-03 IT'S TIME TO REDEFINE MIDDLE AGE MAKE THE MIDPOINT THE START OF THE REST OF YOUR LIFE Inspired by the hit podcast *The Mid Point Plan* is your midlife survival kit Packed to the brim with advice and life lessons from experts in their field Dr Louise Newson Prof Greg Whyte amongst others and successful people navigating this time of life Claudia Winkleman Jo Whitley Lee Mack Michael Johnson Caitlin Moran Phil Neville and so many more the book draws on their wise words to help you to navigate the biggest challenges that midlife can throw at you It will help you to keep yourself fit and healthy into older age keep your brain firing on all cylinders improve your sleep deal with anxiety thrive in your career navigate changing relationships whether that's empty nests or aging parents cope with illness and loss be a healthier more productive creative and happy older person With a Midpoint Action Plan MAP at the end of each chapter it contains all the tips and tricks habits and practices you need for a positive mindset a healthy body and a happy life It's a must have manual for all mid life men and women You can read it all the way through or you can keep it by the bed on the shelf in the kitchen or in the loo to dip into when you need help with something in particular However you read it it will be there to offer comfort motivation and maybe a shared experience to help you through the tougher days

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