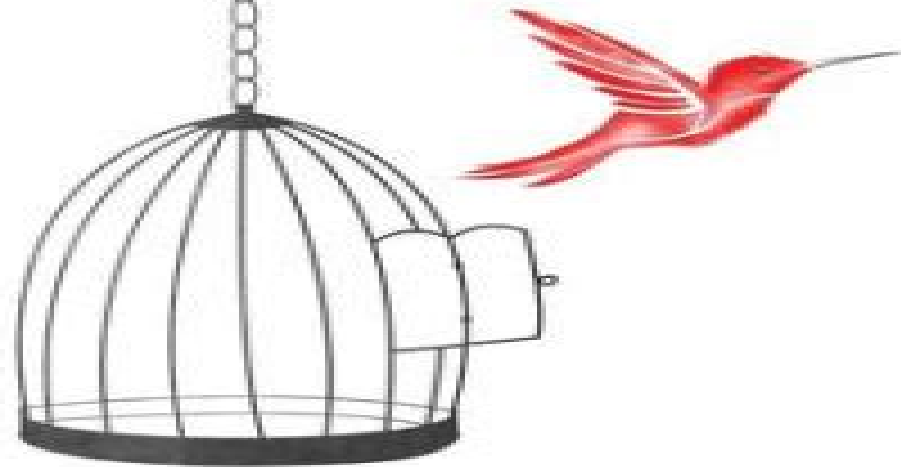


MID-LIFE CAREER RESCUE



The Call For Change

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and Start Living a Life You Love,
Before It's Too Late

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Power Surge & Balancing Midlife: A Guide to living our best life Dr. Tracey Redwood,2025-05-13 How can we thrive in midlife whether married or single especially while caring for children and families How do we juggle work home life and personal time Power Surge Balancing Midlife is an insightful and empowering blend of personal anecdotes relatable experiences and compelling scientific evidence It explores the unique journey of women in midlife emphasising the significance of prioritising physical mental and spiritual well being to navigate this transformative phase Midlife can be both a challenge and an opportunity for renewal whether it emerges gradually or hits suddenly This inevitable stage allows for deep reflection on life s meaning happiness and fulfilment Each chapter begins with an inspirational quote and offers actionable strategies to help women find meaning and direction Practical tools and exercises are provided to encourage readers to take small everyday steps forward Written in a warm conversational tone Power Surge Balancing Midlife blends scientific insights with recommendations for further reading It inspires women to face life s challenges with courage embrace their unique wisdom and discover their individual life purposes A practical guide it s a trusted companion for women seeking balance and fulfilment at this pivotal stage of life

Midlife Women Ann Foote Cahn,1979

Midlife Matters Katie Taylor,2025-03-06 Your guide to thriving in midlife

Move yourself to the top of the to do list with Midlife Matters your ultimate companion to navigating everything this exciting and complicated chapter has to offer Movement leader and founder of the award winning platform The Latte Lounge Katie Taylor brings together renowned experts to inform and empower you through every step of your midlife journey With advice from leading doctors psychologists dermatologists dieticians athletes lawyers and more this midlife manual will help you to make your next chapter the best one yet Discover what it takes to Boost your health addressing menopausal symptoms like brain fog to heart health skincare and musculoskeletal strength Improve self care through diet fitness sleep and calm Navigate pivot points in relationships friendships and family Master midlife finances and work life Open yourself up to a world of new possibilities

Midlife, New Life Eileen Caroscio, Sandra Demarest, Paul Ward, 2024-02-06 Are you anticipating midlife with excitement Are you also wondering What's Next Midlife is a time for adventures and great new opportunities but it can also present uncertainty and challenges Do you have questions about what lies ahead and about how to make the most of the good things to come and meet the difficult ones head on You're not alone Eileen Caroscio Sandy Demarest and Paul Ward three well known thought leaders in the field of second half of life navigation and positive living have answers in Midlife New Life Living Consciously in Midlife and Beyond If we adopt a living consciously approach to the future decisions about major life and work transitions can be made with confidence The Midlife New Life team brings their expertise experiences research findings and wisdom to bear in this engaging friendly and comprehensive guide They share life lessons and insights and provide practical tools and resources to help you plan and prepare for your journey Their guidance will help you find meaning and purpose stay engaged and healthy support your cognitive functioning enhance your support network work for a living and for fulfillment savor the world and give back This transformative book will encourage you to reflect on what tips and resources not just financial ones resonate with you and which ones you want to try inspire educate and encourage you about what to expect and how to optimally approach midlife for a fulfilling life journey provide strategies and purposeful practices to support life and work transitions share wisdom from those who have walked the road ahead Midlife New Life showcases what can happen when we talk to each other and have purposeful conversations that matter Coming together sharing conversation sharing wisdom is part of this valuable book's process The authors of Midlife New Life share their philosophy The power of conversation curiosity connection and common goals of helping others navigate the second half of life brought us into collaborative relationship in writing a book and pulling all of our expertise together in a creative fun project for the common good

Chapters and Themes

- 1 Exploring Purposefully finding meaning and purpose in how you live your life
- 2 Living Well how to support all your key well being factors
- 3 Appreciating Money
- 4 Working for a Living
- 5 Working for Fulfillment
- 6 Savoring the World
- 7 Living Life Creatively
- 8 Minding Relationships
- 9 Helping Humanity giving back in diverse ways that match your interests and concerns
- 10 Living with Technology how you can use technology to help you live optimally
- 11 Bouncing Forward the art of building up your resilience for bumps in the

road Eileen Caroscio CSC RN MSN Eileen is a multicertified coach and consultant and a registered nurse She is passionate about helping individuals achieve their goals and live their best lives Referred to as the midlife muse she engages people beyond their titles jobs and formalities to get to the core of what will enrich their midlives and make them more meaningful and magical Sandy Demarest Sandy is an executive career retirement lifestyle and leadership coach trainer and speaker She leverages her experience to help organizations and mid late stage workers transition to new chapters She specializes in training and coaching programs focusing on topics such as Engage as You Age From Fulltime Career to Fulltime Life and Create Your Next Meaningful Chapter Sandy is the founder and owner of Demarest Directions which provides coaching training and retreats Paul Ward Ph D Paul is an international conscious leadership and conscious living coach author of The Inner Journey to Conscious Leadership and host of conscious conversation circles He is sometimes referred to as the consciousness whisperer Paul is the principal owner of the coaching consulting and training company 2Young2Retire LLC offering impactful transitions coaching and facilitator certification training

Everything You Need to Know About the Menopause (but were too afraid to ask) Kate Muir,2022-01-20 An eye opening no holds barred guide to the perimenopause and menopause written by campaigner journalist and documentary maker Kate Muir Everything You Need to Know About the Menopause and were too afraid to ask is the thinking woman s guide to the menopause bringing you answers to all those questions that have been hidden behind a veneer of misplaced shame bad science and centuries of patriarchy What s the perimenopause and when will it strike It s sooner than you think What s happening to my body and my mind Why can t I stop thinking about sex in perimenopause How do I get my sex drive back after menopause How do I look after my body and brain when my hormones disappear Muir draws on interviews with the leading medical experts in the field interlaced with her own tumultuous journey through the menopause and the personal stories of women from all walks of life sharing their varied experiences and hard earned wisdom Muir also questions why the current medical establishment is getting the menopause so wrong as she debunks the myths that surround hormone replacement therapy and exposes the sloppy science and hysterical headlines that have had a negative impact on women s health for the last twenty years It s essential that we understand the biology of our own bodies during this critical period that will define the latter half of our lives With the help of a panel of doctors scientists and health experts Muir unpacks the science behind hormones and ageing and takes a close look at the different options available for treating both body and mind during the profound changes that take us into midlife and beyond What she discovers is that both symptoms and treatment are far more extensive and diverse than we might expect The menopause is the whole package and the treatment needs to be too with impacts as wide ranging as preventing Alzheimer s boosting sex drive and protecting mental health This ground breaking guide is a social cultural and scientific exploration into a criminally overlooked and under discussed phenomenon that will affect one billion of us by 2025 And it is a manifesto for change calling for equality in healthcare and an entirely new approach to women s health

Living

With Childhood Cancer Leigh A. Woznick, Carol D. Goodheart, 2001-09-15 Like a natural disaster the diagnosis that your child has cancer can leave you and your family feeling helpless How do you explain the disease to the child and to his or her siblings How can you communicate your child's needs to the hospital staff What are the best ways to reduce the physical side effects and the emotional distress of treatment How will you your child or teenager and the rest of your family cope with cancer and what can you do to help When and where do you find good psychological help for your child or your family How do you manage financial and school issues How can you foster your child's development and self esteem More than 12 000 American children will be diagnosed with cancer this year and roughly 75% will survive In addition to excellent medical care their survival depends on a strong support network which may include parents siblings extended family members friends and neighbors classmates and teachers In this down to earth guidebook the authors draw on their own family's experience with cancer as well as their professional expertise and stories from others to help families address the psychological impact of cancer The result is a book filled with sound emotional guidance useful information and practical advice for families coping with cancer Occupational Outlook Quarterly ,1981 *National Policy Proposals Affecting Midlife Women* United States. Congress. House. Select Committee on Aging. Subcommittee on Retirement Income and Employment,1979 *Dying, Death, & Bereavement in Social Work Practice* Terry A. Wolfer, Vicki M. Runnion, 2008 Practitioners who work with clients at the end of their lives face difficult decisions concerning the client's self determination the kind of death he or she will have and the prolongation of life They must also remain sensitive to the beliefs and needs of family members and the legal ethical and spiritual ramifications of the client's death Featuring twenty three decision cases based on interviews with professional social workers this unique volume allows students to wrestle with the often incomplete and conflicting information ethical issues and time constraints of actual cases Instead of offering easy solutions this book provides detailed accounts that provoke stimulating debates among students enabling them to confront their own responses beliefs and uncertainties to hone their critical thinking and decision making skills for professional practice Please note Teaching Notes for this volume will be available from Electronic Hallway in Spring 2010 To access the Teaching Notes you must first become a member of the Electronic Hallway The main Electronic Hallway web page is at <https://hallway.org/index.php> To join click Become a Hallway Member in the Get Involved category or point your browser directly to <https://hallway.org/involved/join.php> and provide the required information After your instructor status has been confirmed you will receive an e-mail granting access to the Electronic Hallway Once logged on to Electronic Hallway as a member click Case Search in the Cases and Resources category on the main web page Enter death dying bereavement without the quotation marks in the search box select all of the words in the drop down menu and click Submit The search process will generate a list of Teaching Notes for cases from *Dying Death and Bereavement in Social Work Practice* Decision Cases for Advanced Practice *The Feel Good Fix* Lavina Mehta MBE, 2024-05-30 The Feel Good Fix is specifically designed to improve your health in perimenopause menopause and

beyond offering quick fun and effective bitesize exercise as well as mind and lifestyle snacks to make you feel good both physically and mentally Balancing work home life and family pressures alongside the host of symptoms you might experience in menopause can be overwhelming so personal trainer Lavina Mehta's advice in this book is anything but Lavina uses the latest research and her Feel Good toolkit can have a powerful effect on your energy levels mood and fitness in only eleven minutes a day Exercise snacks not food but a short period of activity can easily be integrated into our busy routines but still have the power to create a significant impact on our health by helping you to move more discover calm and live well No equipment no special clothes no experience needed Just a few minutes to spare and the willingness to pick n mix a few squats time in nature selfcare or breath snacks into your day to get your daily fix Midlife Creativity and Identity Philip Miles,2018-11-30 This book explores the artistic routines and inspirations of amateur and professional musicians fine artists and literary authors experiencing midlife Based on ethnographic insight it argues that creativity is driven by the pursuit of a mezzanine in between state where the anarchy of possibility is an antidote to the realities of middle age Women in Midlife, Security and Fulfillment ,1978 The Power in the Middle Elizabeth O'Brien,2025-07-10 The average life expectancy in the U S for men and women hovers around 80 years old and at 40 we usually start to hear phrases like I'm over the hill or past my prime For women this phase of life which starts as early as 35 and lasts into their 50s can be particularly distressing Most women believe that midlife is the beginning of the end of their lives but the truth is that midlife can be the beginning of a new and better life if you have the right values and mindset The Power in the Middle Navigating Your Life with Confidence gives midlife women the tools and information they need to refine and redefine their values to live fully in the second half of life *Marginalized Women and Work in 20th- and 21st-Century British and American Literature and Media* Hediye Özkan,2022-10-31 Marginalized Women and Work in 20th and 21st Century British and American Literature and Media examines the intricate relationship between marginalized women and work through critical essays about representations of women's work in non canonical literary writings mass media and popular culture Covering a broad range of texts including Paule Marshall's fiction Natasha Trethewey's poetry and the Netflix series Self Made Inspired by the Life of Madam C J Walker among others this collection takes an intersectional approach in order to shed light on the definition and meaning of marginalized women's work and the value of their labor in the capitalistic economic systems of the twentieth and twenty first centuries Motivation, Ability and Confidence Building in People Adrian Mackay,2010-08-20 In order to get the best out of people in organisations managers need to address the fundamental principals of people management those of motivation ability and confidence building This proposed book aims to bring together clarity and understanding of these three main areas in one text with anecdotes and practical examples to enable managers to gain demonstrable improvements in organisational performance through their people The material will be underpinned with just enough theory to establish a rationale for practice While a highly practical text the aim is to meet many of the learning outcome requirements of the

Certificate in Management and Diploma in Management people management empowerment modules *Women in Midlife--security and Fulfillment: without special title* ,1978 This compendium presents the findings of 29 scholars on public policy issues affecting midlife women

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