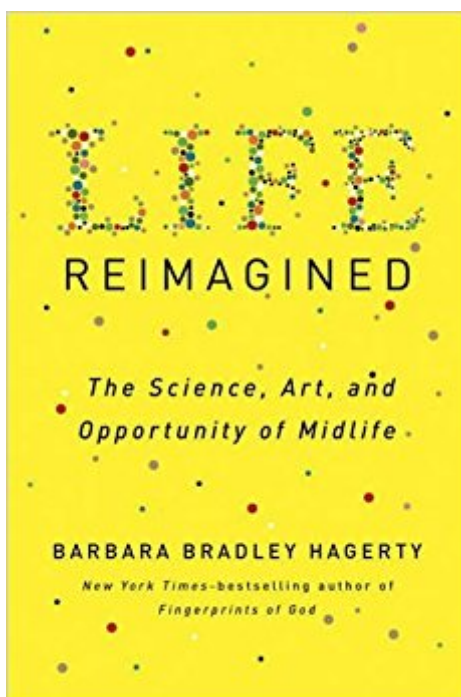


The book was found

Life Reimagined: The Science, Art, And Opportunity Of Midlife



Synopsis

A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the betterâ ”and for good. Thereâ™s no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. Itâ™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: Itâ™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 sociologyâ ”as well as her own story of midlife transformationâ ”Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures.

Book Information

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#35 inÂ Books > Health, Fitness & Dieting > Aging #902 inÂ Books > Parenting & Relationships

Customer Reviews

ARGHGH I wanted to really like this book, and I did at first. The emphasis on attitude, purpose and not being on autopilot really resonates. But as I read it, I got more and more irritated. It seems like there might be some flaws in the studies that show people are MORE satisfied and happier with their lives after their 40s and into their 50s. Who are these people in these studies? Let me guess. Self selected affluent college educated people with lots of time and money on their hands who would find it interesting and entertaining to participate in studies about their mental and emotional health. I'm guessing that people raising challenged kids, financially supporting ailing parents, working multiple jobs and dealing with physically or mentally ill spouses while their own health is

slowly deteriorating don't get called on often to discuss their lives. And that sentence describes almost everyone my age that I know, but not anyone used as an example in the book. The examples given by the author of her life and the lives of her friends and family are particularly grating. These people make 6-7 figures, have enough money, existing professional success and time to change jobs, follow their bliss, work for charities, participate in athletics, go on RV trips. The Meaning of Work chapter especially made me want to throw the book across the room. (But I didn't because it's a library book, sorry). The book ends with a discussion of the 'bravery' of people making mid life career changes and has the particularly egregious example of a Philip Morris lawyer who spent her career working in Hong Kong and Switzerland defending tobacco and then after literally getting injured WHEN HER HAMMOCK BREAKS, bravely decides to change careers.

This is a well written book by an accomplished author. Liked what the author had to say and read it over the Easter weekend. Why I liked the book: - * Well written story that seamlessly combines personal experience, interviews and review of research and other writing. * The material spoke to me personally - I'm 58 - and the advice and ideas came across as reasonable and thoughtful. What concerned me about this book: - I had the same concerns with this book as I did with Lean In by Sheryl Sandberg; Lean In and Life Reimagined are books written by highly educated middle class (at least) white people; and I ask myself how relevant the ideas and solutions presented are for the battlers of society. That's a question Hagerty asks when she refers to the audience of National Public Radio in the US as "highly intelligent and mostly white", but then goes straight on to mostly talk to that audience. Hagerty does acknowledge the impact of economic circumstances on life (those who work at Lowe's for \$10 per hour, or who have lost their homes through foreclosure), but the bulk of the book is implicitly focused on those who have the intellect, educational background and time available to reflect that a minimum financial base allows. That worries me. To some extent, this is a book aimed at those of us who have the first 4 levels of Maslow's hierarchy of needs sorted out and can spend time on "self actualization". One part that Hagerty could have left out is the section on her brother. Her brother Dave is the owner of The Atlantic. "Dave's life looks enviable: He is wealthy, with a beautiful wife and 3 exceptional boys educated at Yale or Princeton".

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