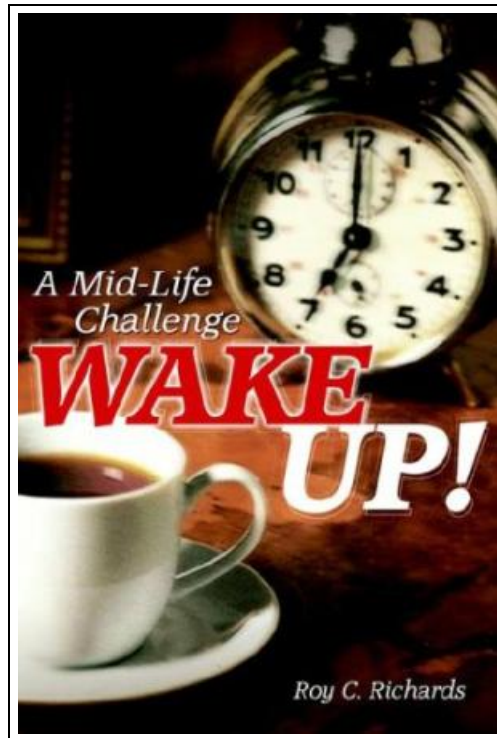


## Wake Up! a Mid-Life Challenge



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### **Reviews**

*Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.*

*(Mrs. Agustina Kemmer V)*

## WAKE UP! A MID-LIFE CHALLENGE



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Dog Ear Publishing, United States, 2006. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Renewal for Men and Women In Their Thirties, Forties, Fifties and Beyond Are you among the millions of North Americans over age thirty-five burdened down by unfulfilled dreams, diminished expectations, an irrational fear of tomorrow and a stressful, uninspiring daily routine? Is your life at mid-stream far less than you had intended it to be? Our book, A Mid-Life Challenge-Wake Up!, was written to restore joy, reestablish positive expectations and return a spirit of adventure to your life! Almost by accident, the author awakened in the year 2000 to a highly positive realization: persons in their middle years need not abandon dreams of a fulfilling career, mutually beneficial personal relationships and a prosperous lifestyle precisely on their own terms. Indeed for most, middle age is an ideal time to reassess the present, creatively plan for the future and take control over life s direction. Unlike the author, readers need not endure thirty long years of sleepwalking through life or rely upon a once-in-a-lifetime chance inspiration. Based upon personal experience and observation of successful renewal graduates, the author lays out a comprehensive step-by-step blueprint to reinvigorate life at mid-stream. This book will inspire any middle-aged woman or man earnestly committed to restoring positive emotions and reentering life s mainstream beginning this very day. The author Roy Richards is a motivational speaker and consultant and co-founder of the Middle Age Renewal Training Institute (MART.) His stated mission is to revitalize the life experience for dispirited men and women over age thirty-five. A Phi Beta Kappa graduate of Carleton College, Northfield, Minnesota with a Masters in Business Administration from the University of Chicago, the author spent seventeen years climbing...



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