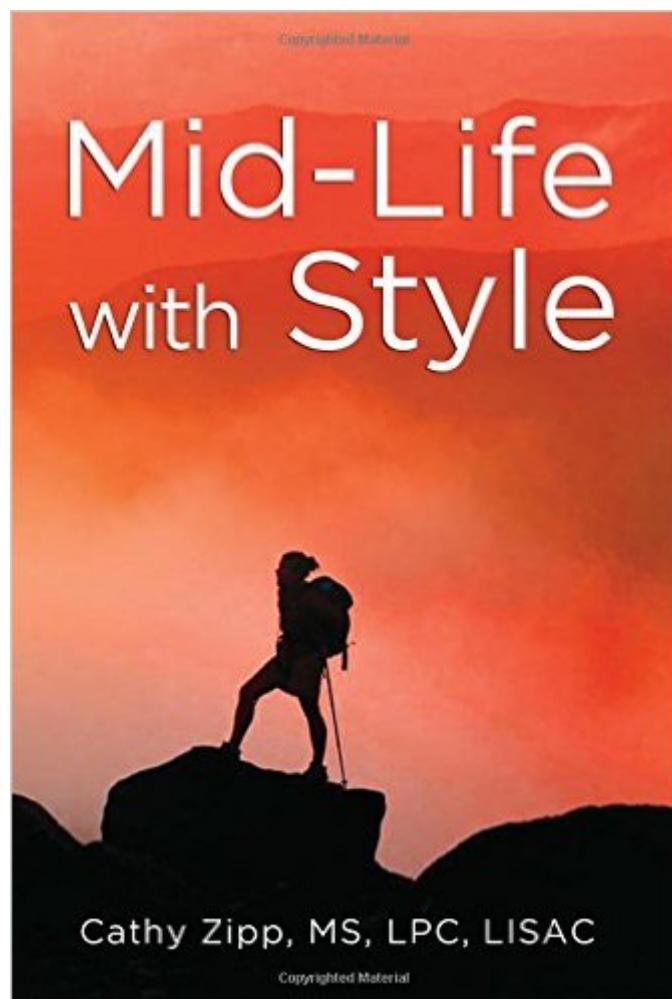


The book was found

Mid-Life With Style



Synopsis

Mid-Life with Style: A Kick-Butt Mid-Life Are you ready for THE BEST MID-LIFE EVER? This is the book to catapult you into it. You can have it, and there is no longer any reason to wait. This book will tell you how to do it and fast. It is full of ideas and packed with ways to get out of your own way to make it all happen. You deserve to have it, and now you can. Open up, clear out, make great choices, and create a fantastic Mid-Life right now. Gain insight into what you really want and how you can really have it. Mostly light-hearted and encouraging toward fun, travel and adventure, I will inspire you to go for it as much and as often as possible. I will guide you in how to get there, even under challenging life circumstances. I have included tools for you to use to recover quickly and get on with the FUN. These tools are also downloadable from my website. It is time to create the life you want, and the life you were meant to have. Mid-Life â“ What a ride!

Book Information

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Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

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Customer Reviews

There's lots of talk and writing about "mid-life crisis," the down side of life being half over, the glass that's half empty. Cathy Zipp's Mid-Life with Style is a joyous embrace of "mid-life opportunity," the better part still to come, the cup that is overflowing if only from experience already accumulated. Cathy as writer and counsellor is exuberant, and just about every page in the book has the word FUN on it (all caps hers.) As I have the pleasure of being a personal friend of the author for several years now, I can attest that her personal stories, both trials and triumphs, are as authentic as her unbridled optimism. The cheat sheets and charts provided with the book and on her website are invaluable tools that summarize her sage advice and make it easy to remember during those critical moments when it is most needed. So why only 4-stars? Probably because in several places I would

have like "more." More examples, anecdotes, even more of the theory behind the prescriptions. Or maybe I just want to make sure Cathy keeps writing as her mid-life and ours unfolds into what lies beyond. That too will be FUN.

There are so many "self-help" books out there to tell people how to transform themselves. The shelves are full of them. But this isn't a book on how to transform...it isn't a quick fix approach to life. This is a change in mindset and heart. Cathy Zipp encourages you to rethink, reprioritize, and recommit to not just survive in your mid-life, but to THRIVE in your mid-life while making every moment count! A great resource for reinventing life as you journey into what she calls a à œkick-assâ • mid-life. This is a great book you can return to again and again. ~Suzanne Postern

I just finished reading *Mid-Life with Style* by Cathy Zipp. I was amazed at the comprehensiveness of this book. What I like about it the most is that it includes all the important information needed for successful therapy, yet it is done in a very down-to-earth, fun manner. Cathy Zipp is a well-known therapist who has the experience necessary to offer this very helpful book, and she also has the personality to offer it in such a fun way that I did not want to put it down. Her sense of humor permeates her writing. She includes the tools needed to address common life issues, and offers specific suggestions for dealing with the habits that may result in anxiety or depression. She is not afraid to self-disclose regarding personal issues which she has transcended through her own hard therapeutic work. As a retired therapist I recommend this book to anyone who is facing life problems. It may have been written for those in midlife, but I think it applies across the board to anyone seeking help. I also strongly recommend this book to professional therapists in search of helpful therapeutic information.

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