



Shifting Gears Planning A New Strategy For Midlife

Jan Hall, Jon Stokes



Shifting Gears Planning A New Strategy For Midlife:

Shifting Gears Andrea Gross,1993-07-01 Personal Pilgrimage at Midlife Viki Hurst,2002 Through the practice of personal pilgrimage she developed the author offers readers a tool to explore contemplate and reflect upon key midlife issues careers relationships sexuality finances spirituality body image mortality and more It encourages readers to take the time out needed when midlife challenges crowd their busy calendars and psyches Drawing on the insights of people from Plato to Pierre Elliot Trudeau Hurst introduces each of these concerns with a mini essay then asks 10 questions for reflection Part 2 outlines 12 pilgrimages users can take to work on these issues for example Abundance point finances Artists Cove relationships and Career Paths Career *Shifting gears* Andrea Gross,1991 A guide to finding an alternative to conventional careers explores the emotional and financial realities of midlife revealing how to fulfill dreams of travel social activism or starting a small business **Men in Search of Work and the Women Who Love Them** Diane Eble,1994 When Eble and her husband were going through his career crisis they found plenty of books on how to find a job but none that expressed what they were feeling the questions the doubts the tensions in their marriage This book offers strategies to help families cope emotionally and spiritually with this situation and includes true stories of people who have faced unemployment

Life's Third Act Patricia W. Burnham,1994 **Prime Time** Bec Wilson,2025-07-30 From Bec Wilson hit podcast host and bestselling author of *How to Have an Epic Retirement* comes the ultimate guide to modern midlife We re now living longer saving smarter working more flexibly and seeking meaning at every turn In 27 practical lessons let Bec guide you on everything you need to know to make your Prime Time count The period from your late 40s well into your 70s is what Bec calls your Prime Time These years can be some of the best of your life if you make the right choices Far from winding down this is the time to truly live In this essential handbook Bec guides you through the key pillars of power money health work purpose happiness family and travel This isn't just about adjusting to a longer lifespan it's about creating a richer more fulfilling life Prime Time 27 Lessons for the New Midlife isn't just a roadmap to retirement it's a playbook for a life lived with intention energy joy and financial confidence With Bec Wilson as your guide you can embrace this incredible stage and truly make the most of your Prime Time Money takes centre stage in this guide with strategies that go beyond the basics Learn how to make the most of superannuation invest with purpose maximise compounding and franking credits understand spending and layering of income and how to leverage tax concessions Beyond simply reaching enough to retire Bec shows you how to build flexible financial foundations that will allow you to enjoy these years to the fullest Along with the financial foundations this guide is packed with insights for building purpose and joy into every day with practical advice for extending or reshaping your career crafting a purpose driven second act creating work life flexibility strengthening family ties and looking after your changing body Ready to make the most of your Prime Time Then you need this book now Future Choice Michael S. Clouse,Kathie Jackson Anderson,1996-12 China Shifts Gears Kelly Sims Gallagher,2006 Analyzes how

the transfer of advanced automobile technology from U S firms affects the environment and economic development in China with detailed case studies of Chinese joint ventures with Jeep GM and Ford **Reboot at 40** Laura D. Whitman,2025-08-01 Embrace Transformation and Craft the Career You Deserve Feeling stuck in a career that no longer fits Wondering if it s too late to make a meaningful change This book offers a guiding light for anyone over 40 ready to step boldly into a new professional chapter It s more than a career guide it s a roadmap to reclaiming your passion purpose and confidence Discover the mindset shifts and practical strategies that turn midlife uncertainty into exciting opportunity From confronting fears and recognizing your unique strengths to navigating financial and lifestyle considerations every step is designed to empower you Explore how to set clear goals build a personal brand and master the job search with wisdom tailored to your experience Whether you re seeking a complete reinvention or a fresh twist on your current path this book equips you with the tools to succeed Learn how to network with intention craft resumes that tell your story and prepare for interviews that highlight your value Gain resilience through setbacks and find balance between work and life that nourishes your well being Even entrepreneurial dreams and smart financial planning are covered ensuring you re ready for every twist and turn on your journey Reboot at 40 is about more than changing jobs it s about transforming your life s trajectory with courage and clarity If you ve ever wondered what it takes to truly thrive in your career after 40 this is the companion you ve been waiting for Dive in and start crafting a future that reflects who you are and all you can become [A Midlife Cyclist](#) Rachel Ann Cullen,2020-02-20 Inspiring proves anything is possible if you just believe and give it a go Sun Masses of heart frank and funny Melanie Sykes Gritty and glorious Ruth Field Thrillingly honest and hopeful Jools Walker Rachel is a cyclist But she was never meant to be After gaining mental strength and healing through running she thought she was free Her depression alleviated she came off antidepressants winning races and collecting medals at marathons But when an injury stopped the only thing helping to quiet the voices in her brain Rachel found out what she is truly made of As body dysmorphia began to grip her in earnest she knew she had to find a different way to kick her mental health demons for the sake of her sanity So she went down to her cellar heaved out her old bike and started pedalling Like her life depended on it A Midlife Cyclist is a tale of two wheels across the Yorkshire Dales Vietnam Costa Rica and beyond and a rider in search of peace Includes exclusive Q A with Jools Walker aka Lady Velo Praise for Running For My Life Heartwarming Jo Pavey Brave and inspiring Ruth Field I love Running For My Life Louise Minchin **The Cumulative Book Index** ,1992 A world list of books in the English language *Subject Guide to Books in Print* ,1993 *Training for Life* Fred J. Hecklinger,Bernadette M. Black,1994 **Capturing Wishes: Family Drama, Midlife Women's Fiction** Kimberly Diede,2019-10-31 Can old dreams find new life amongst sparkling tinsel and twinkling lights Virginia defied the odds to make nearly all of her girlhood wishes come true Except for one She s spent decades doing work she s loved alongside a supportive husband Now health struggles and languishing sales at her beloved bookstore threaten more than her livelihood Walking away would be the practical thing

to do but Virginia isn't a practical woman Nathan needs to figure out his life College graduation is looming and he should be in the job hunt but his dreams don't include cubicles or corporate ladders He'd rather help Virginia and her husband make the most of this holiday shopping season If he can't help turn things around their life's work will fade away When a chance discovery unearths Virginia's biggest regret can she finally summon the courage to try again or is it too late Will things fall into place or will it all fall apart It feels impossible but no one should underestimate the magic of the season Capturing Wishes the fourth book in Kimberly Diede's uplifting Gift of Whispering Pines series will take you on a heartfelt exploration of new and old loves fresh and forgotten dreams and the inevitable perks of different perspectives The pull of Whispering Pines continues Whether you are new here or eager to continue on your journey with this refreshing circle of family and friends you deserve the gift of this feel good story It will remind you we never outgrow the power of a wish If you enjoy books by Fiona Baker Hope Holloway or Rebecca Regnier then give yourself the gift of this series The Gift of Whispering Pines Series Escape to Whispering Pines with this unforgettable family They'll come together to heal and thrive despite the inevitable wounds that life delivers Join Celia's family as they struggle to make the most of the legacy entrusted to them If you enjoy a family saga filled with unanticipated twists second chances and the many gifts life offers you'll delight in your visit to Whispering Pines Whispering Pines Book 1 Tangled Beginnings Book 2 Rebuilding Home Book 3 Capturing Wishes Book 4 Choosing Again Book 5 Celia's Gifts Book 6 Celia's Legacy Book 7 Related Series by Kimberly Diede The Kaleidoscope Girls Series When five young girls connect at summer camp over butterflies drama and a simple craft project they're destined to become forever friends dubbing themselves The Kaleidoscope Girls Decades later they'll discover their wings together as they navigate life's difficult transformations and find comfort in knowing their journeys are richer and better with friends Better with Friends Book 1 Sunshine and Friends Book 2 Five Golden Friends Book 3 Gift of Friends Book 4 Life with Friends Book 5

American Book Publishing Record, 1992 *Midlife Journeys* Richard P. Olson, 1996 With common sense and good humor Richard Olsen examines both the outer journeys and the inner journeys making clear throughout that the middle third of people's lives the thirties forties and fifties is not the time to bemoan the past but rather to celebrate all that is around us Olsen points out how readers can use the maturity of midlife to strengthen their personal relationships maintain and increase their health and reevaluate their vocational and career goals

Job Hunter's Sourcebook Gale Group, Michelle LeCompte, 1996 Profiles 179 professional and vocational occupations providing sources of help wanted ads placement and job referral services employer directories and networking lists handbooks and manuals employment agencies and search firms and appropriate associations and organizations

Changing Gear Jan Hall, Jon Stokes, 2021-02-25 Changes occur all the time They can be identifiable and dramatic or they can emerge imperceptibly creeping up on you until one day you realise your foundations are less solid than you imagined At this point in your life you need to find a new path Coping with transition can be hard at every stage of life but it presents unique challenges as we come to the time of our lives when we are facing

the end of full on full time work Changing Gear looks at why work is such an important part of a person s identity and how challenging it can be when it s time to change gear whether that s to explore a new path or take a step back from our careers entirely Offering insight advice and practical exercises to help you make the right decisions this valuable guide gives you the tools to navigate complicated situations identify what s most important and develop the skills you need to cope with change

Family Resource Management Ruth E. Deacon, Francille M. Firebaugh, 1981 Abstract Principles of effective family resource management are presented to help adults solve the problems of individual and family living These principles are viewed as a sociological system consisting of inputs e g family values and goals family crises income assets credit and community support programs throughputs which act upon the inputs to achieve designated results e g planning and implementing and outputs consisting of an environment modified by the throughputs A theoretical system model is developed and each of its components is discussed in detail The model is then applied to specific family life situations e g families with handicapped members single parent families and low income families and to the family life cycle from young families to elderly people A glossary of terms provides definitions nzm

Handbook of the Life Course Jeylan T. Mortimer, Michael J. Shanahan, 2007-12-14 This comprehensive handbook provides an overview of key theoretical perspectives concepts and methodological approaches that while applied to diverse phenomena are united in their general approach to the study of lives across age phases In surveying the wide terrain of life course studies with dual emphases on theory and empirical research this important reference work presents probative concepts and methods and identifies promising avenues for future research

Decoding **Shifting Gears Planning A New Strategy For Midlife**: Revealing the Captivating Potential of Verbal Expression

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