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Re-Invent Yourself!: A Lifestyle Transformation Guide for Women Over 50 (Paperback)

By Cheryl Garrison

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cheryl Garrison wrote Re-Invent Yourself after meeting numerous women over 50 who were struggling with the reality of growing older. Career change (including downsizing or layoff), empty nest syndrome, failed retirement, failed business, failed relationships and a lack of confidence in the future are just some of the issues facing women over 50. Cheryl begins the book sharing with the reader her personal journey from a bold and fearless 20-year-old to a 50something woman who has been defeated by life-altering changes. Re-Invent Yourself is a working guide that chronicles the steps Chery took to re-vitalize her life. Why do we stop dreaming after 50something? Why do we think we are too old to start a business or run a marathon? This book answers these questions and then provides resources to help women live out their dreams and aspirations. The book is filled with personal experiences and is divided into 5 chapters, each designed to move the reader closer to creating a Re-Invention Plan which is the objective of the book. Know Yourself - Helps the reader answer the question, Who are You?...



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