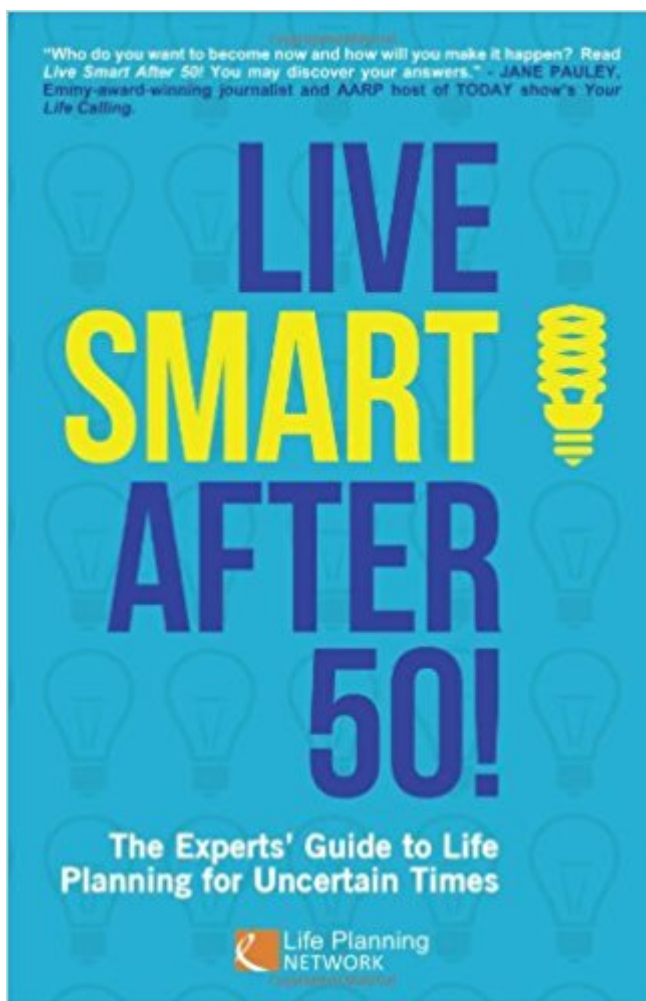


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# Live Smart After 50!



## Synopsis

LIVE SMART AFTER 50! The Experts' Guide to Life Planning for Uncertain Times is a welcome and essential handbook for anyone at midlife and beyond. It provides lucid, motivating responses to the challenges of aging in the 21st century: the knowledge and tools to shift attitudes, update skills and shape a smart map for a future of security, wellbeing, meaning and new possibilities. In a unique collaboration, thirty-three of the nation's top experts in life planning and positive aging distill the most critical issues. From finding work, community, creativity, purpose and legacy to financing your dreams, making sure your voice is heard, anticipating the challenges of aging, and living with purpose and vitality, LIVE SMART AFTER 50! offers friendly, focused, forward-thinking and action-oriented help. Rich in practical experience and wisdom, self-exploration exercises, and diverse resources, LIVE SMART AFTER 50! is a companionable guide for planning and preparing for the second half of life. It will help readers get the big picture, identify and reduce risks, expand choices, and prepare to take advantage of rather than fear the future.

## Book Information

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## Customer Reviews

Who do you want to become now and how will you make it happen? Read Live Smart After 50! You may discover your answers. --Jane Pauley, host of Your Life Calling on NBC's Today show This guide from the Life Planning Network is an invaluable companion to figuring out what's next. From work to civic engagement, housing to health, this book will help you live your legacy, rather than just leave one. --Marc Freedman, founder and CEO of Encore.org, author of The Big Shift: Navigating the New Stage Beyond Midlife, and dubbed "the voice of aging baby boomers" by The New York

TimesMuddling is out. Planning is in. Who do you want to be in this next stage of your life? This book offers spot-on advice and inspiration to help all of us plan, prepare, and smoothly navigate this new frontier. --Kerry Hannon, a nationally recognized authority on career transitions and author of AARP Great Jobs for Everyone 50+ and What Next?

Life Planning Network is a national community of professionals and organizations from diverse disciplines dedicated to helping people navigate the second half of life. The contributors who collaborated in writing Live Smart After 50! all LPN members include: Barbara Abramowitz, Bradley T. Baumann, Bill Brisk, Elizabeth Craig, Helen Dennis, Doug Dickson, Kendall Dudley, Natalie Eldridge, Bruce Frankel, Judith-Kate Friedman, Andrea Gallagher, Sara Zeff Geber, Joanne Hadlock, Dick Haid, Kit Harrington Hayes, Jan Hively, Margaret "Peggy" Hothem, Elizabeth W. Jetton, Karma Kitaj, Donna Krone, Moira Lanier, Carleen MacKay, Fred Mandell, Dorian Mintzer, Meg Newhouse, Ron Pevny, Mary Radu, Renee Lee Rosenberg, Donna Schempp, Paula K. Solomon, Candy Spitz, Roberta K. Taylor, Chuck Yanikoski.

Every "baby boomer" needs to read this book and the other publications aimed at our demographic. We will be the first generation that has a second life after what used to be retirement. And what a difference we can make. But we have to have a plan and this book will help you to build it. I found many aspects of living longer an eye opener that got me off my butt to insure a plan is in place. And its never too late to start. Get the book on your Kindle and read it. Oh yea, a Kindle is an electronic device used to reading books .....:) Skip

First a disclaimer and full disclosure: I am a Chapter Co Leader and Contributing Author (one of 33) of "Live Smart After 50!" With that said, my viewpoint and comments may be a little biased, though my intent is to provide potential readers with an objective overview based in firsthand experience with the book, much of which I did not see until the book was published. The book is a wonderful resource for those interested in making the most of their future, while providing insights to effectively minimize missteps that can prove time consuming and sometimes be irreversible. The content addresses the inner dimensions of ourselves, the outer dimensions of the world we live in, and the managing the uncertainties of moving into a phase of life characterized by trepidation. The adage is "an ounce of prevention is worth a pound of cure." This book provides a meaningful introduction and stepping off point for individuals looking to make the most of their futures while avoiding potentially costly missteps, regardless of their means. It's rich in content and exercises capable of helping each

reader move forward in a way that is enlightening, entertaining, and empowering. Recommended.

This is a great companion book for AARP's new *Life Reimagined*, by Richard Leider and Alan Webber. The co-authors of *Life Reimagined* address the big picture of reimagining one's life in the second half, but *Life Smart After 50!* gives readers many practical tools, advice, and follow-up materials from experts in a wide spectrum of related fields. I love the Life Planning Quiz, the ten framing questions in the beginning of the book that help to steer readers towards the chapters that are the most useful. Examples include:

1. I am clear about my options for continued work beyond midlife, whether for income, to remain active, or to use my skills for a useful purpose. (Answer: very true, somewhat true, just getting started, not at all) - relates to Work chapter
2. I can name ten people (spouse or partner, family, friends, neighbors) I can rely on for intimacy, friendship, and support. (Answer: very true, somewhat true, just getting started, not at all) - relates to Relationship Dividend chapter
3. I know what I need to maintain my health, remain active, protect my brain, and feel at my best as I get older. (Answer: very true, somewhat true, just getting started, not at all) - relates to Well-Being for Life chapter

The seven additional questions of the Life Planning Quiz steer readers to chapters on location, values, creativity, legal interests, money matters, and life lessons. The book is co-written by an amazing group of members from the Life Planning Network, which several experts contributing to each chapter. The reference materials are excellent. Richard Leider and his seminal "Aging Well" book, *Repacking Your Bags*, is mentioned several times in this book as well. Leider also endorsed it with the statement: "This book reveals powerful and purposeful practices for living an authentic, smart life. Don't pass 50 without it?" As a 50s-something, this title deserves a frequently accessible place on my home bookshelf for decades to come.

David Marshall,  
Moraga, California

We picked *Life Smart After 50!* as the book-of-the-month for our transition-focused book group of the Chicago chapter of TTN - The Transition Network. As our group is comprised of women over 50, in various stages of life's changes in the second half of our lives, this book spoke to us all. The book is packed with ideas, personal stories, resources and advice from numerous experts in their respective fields, all affiliated with the Life Planning Network. Topics range from financial planning and legal basics to optimizing health and wellness for longevity, from living in the now with productive work, rewarding leisure, engaging relationships, and a positive home environment, to living and leaving a legacy. Each of these topics is given its own chapter so that you can zero in on the areas of your life that you most want or need to tackle right now. And there are a number of

great exercises in the appendix to help you clarify where you've been, where you are now and/or where you need to go to experience joy, meaning and purpose in this all-important second half of life. In fact, our TTN group found the book very relevant to the numerous and varying areas of life transition that have been impacting many of us. As a result, we have decided to focus on Live Smart After 50! for the next few months, one chapter/topic per month, so that we can fully explore all the great exercises, advice, resources and wisdom offered by this book. We recommend it highly.

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