



Kids grown? Mortgage paid? Career topping out? What now? In My Time, best-selling author Abigail Trafford answers the questions more and more 50somethings are asking themselves. Thanks to the longevity revolution of recent decades, today's 55-75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age--what Trafford calls My Time. Defining this period as a whole new developmental stage in the life cycle, Trafford skillfully guides readers through the obstacles of My Time and offers them the opportunity to take full advantage of the bonus decades. With the same wit, compassion, and vivid storytelling that made Crazy Time one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the doctor who gave up his practice to write books to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on every page of this inspiring and insightful book. Like Gail Sheehy's Passages, My Time is certain to profoundly affect the journey through our adult years.

Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph Business, Online Radio, Politics and Lifestyle, Blog by Cean Joseph BLOG RADIO NEWS GOSSIP INTERVIEWS FASHION CELEBRITIES EVENT PHOTO NEWS HOT RELEASES HEALTH BEAUTY UPDATES Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan How to Cook Chinese Fried Rice How To Cook Efo Riro Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 The Cascamorras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 MOST POPULAR Countries with the Most Beautiful Women in the World MARCH 25, 2015 1. Brazil Brazil, home to € Cynthia Morgan put her hilarious

look on the spot MARCH 2, 2015 The dance-hall queen is picturedâ€¦ Nadia Buari Confirms Birth Of Twins MARCH 6, 2015 32-year-old Ghanian actress Nadia Buariâ€¦ Celebrities with Fake Breast MARCH 12, 2015 Christina Aguilera Ð²Ð,â€œ Has lostâ€¦ NEWS Man docked for stealing baby beds Jan 18 2016 BLOG 10 0 Man docked for stealing baby beds One Umotu Haruna, has been docked by a Lagos Magistrates court on the Island for breaking into a warehouse and stole 13 pieces of baby beds worth of N200,000. The 22-years old defendant who has no fixed address and occupation pleaded not guilty to a two-count charge of breaking, entry and theft when he appearedâ€¦ BLOG18 JAN Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death BLOG21 AUG A Touching Story that will change your Life A Touching Story that will change your Life BLOG21 AUG WomanÐ²Ð,â„¸s Bra Saves her life from Bullet Womans Bra Saves her life from Bullet SPORT FOOD How to Cook Chinese Fried Rice How to Cook Chinese Fried Rice Aug 21 2015 How To Cook Efo Riro How To Cook Efo Riro AUGUST 21, 2015 Italian Pizza Italian Pizza MARCH 2, 2015 How to cook Nigerian Banga Soup (Ofe Akwu) How to cook Nigerian Banga Soup (Ofe Akwu) MARCH 2, 2015 BEAUTY 10 Tips For Growing Long Natural Hair 10 Tips For Growing Long Natural Hair 36 0 0 How do I get my hair to grow? faster? longer? These are all common questions. Before we talk about any hair tips, its important for you to understand that your hair IS GROWING!!!â€¦ Apr 11 2015 Top 10 beauty resolutions Top 10 beauty resolutions MARCH 2, 2015 How to keep wrinkles at bay How to keep wrinkles at bay MARCH 2, 2015 EVENTS PHOTO Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 Yeepeng Sansai lantern festival, Chiang Mai, Thailand Oct 25th, 2015 AUGUST 21, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 Singapore Grand Prix, Singapore, Singapore Sep 20th, 2015 AUGUST 21, 2015 The Cascamurras Festival Granada, Spain Sep 6th, 2015 Ð²Ð,â€œ Sep 9th, 2015 The Cascamurras Festival Granada, Spain Sep 6th, 2015 Sep 9th, 2015 AUGUST 21, 2015 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 SEE THE OFFICIAL PORTRAITS OF BUHARI AND OSINBAJO BEFORE MAY 29 MAY 19, 2015 VIDEO Sinach Ð²Ð,â€œ Nothing Is Impossible : Video RADIO Get the Flash Player to see this player. Shoutcast & Icecast Server 1:32 Windows Media PlayerQuickTimeRealPlayerWinamp FASHION CELEBRITIES Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Top Nigerian Pastor, Joshua Iginla Dashed Zack Orji, Tope Alabi, Other Celebrities 22 Cars Dele Momodu Prove cousinÐ²Ð,â„¸s child for Davido Dele Momodu Prove cousinÐ²Ð,â„¸s child for Davido T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album T.W.O Launch Their N400m Ikeja Mansion and Fifth Studio Album Mike Adenuga clocks 62 Mike Adenuga clocks 62 POPULAR RECENT COMMENT Countries with the Most Beautiful Women in the World Countries with the Most Beautiful Women in the World Cynthia Morgan put her hilarious look on the spot Cynthia Morgan put her hilarious look on the spot Nadia Buari Confirms Birth Of Twins Nadia Buari Confirms Birth Of Twins Celebrities with Fake Breast Celebrities with Fake Breast SEE How Nigerian Sex Workers survive In Italy Ð²Ð,â€œ Pictures SEE How Nigerian Sex Workers survive In Italy Pictures Man docked for stealing baby beds Man docked for stealing baby beds Man confess how a commercial bus crushed my friend to death Man confess how a commercial bus crushed my friend to death A Touching Story that will change your Life A Touching Story that will change your Life WomanÐ²Ð,â„¸s Bra Saves her life from Bullet Womans Bra Saves her life from Bullet See Red wine Swimming pool in japan See Red wine Swimming pool in japan Kidnapers on Rampage Kidnapers on Rampage INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram INTERVIEW: Chadian President Lambaste On How Jonathan And The Military Played Politics With Boko Haram RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIÐ²Ð,â„¸S DEPUTY DECAMPS TO PDP RIVERS APC CAMP SHAKES AS GOVERNOR AMAECHIÐ²Ð,â„¸S DEPUTY DECAMPS TO PDP Indonesia To Execute Four Nigerians On Wednesday

Indonesia To Execute Four Nigerians On Wednesday World Bank charge Buhari to probe NNPC, others World Bank charge Buhari to probe NNPC, others Blog radio is a one stop hub for Breaking News, Celebrity Gossip, Entertainment, Fashion, Sport and Online Radio For adverts, Sponsorship and more information please call:08022881490 TAGS BeautyBlogBusinessentertainmentEventEventsFashionFoodGossipHealthMusicNewsPoliticsSportvideoyoutube Enter your email #NowPlaying @AboderinOdunayo - Not Ashamed Ft @tosinbee #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 10 mins ago #NowPlaying @Tayoecless Ft. @kennykore - O'Tobi #follow - <https://t.co/D4LH1p1ttX> <https://t.co/D4LH1p1ttX> 18 mins ago #NowPlaying Joepraize ft Frank Edwards & Nikki Laoye - Strong Together #follow -30 mins ago Facebook Copyright 2015 - Myblog Radio. All Rights Reserved. BlogAbout StatCounter - Free Web Tracker and Counter

My Time: Making The Most Of The Rest Of Your Life - METIREMENT–MAKING THE MOST OF THE REST OF YOUR LIFE . As I look forward to my retirement and all of the free time ahead of me, My Time: Making the Most of the Rest of Your Life -- book review Trafford, a former Washington Post columnist and author (Crazy Time: Surviving Divorce and Building a New Life ), turns her at.What Are You Doing the Rest of Your Life? Lawrence University Making the Most of the Rest of Your Life That doesnt leave me much time. the greater bulk of my life to look forward to, then that makes all the difference.20 Timeless Tips to Make the Most Out of Life - Lifehack Kids grown? Mortgage paid? Career topping out? What now? In My Time, best-selling author Abigail Trafford answers the questions more and more My Time: Making the Most of the Rest of Your Life - Google Books Its Only Too Late If You Dont Start Now: How to Create Your Second Life at Any Age. New York: My Time: Making the Most of the Rest of Your Life. New York: My Time: Making the Most of the Rest of Your Life 9780465086733 Discussions will draw on the work of life-stage theorists like Erik Erikson, and stories from “My Time: Making the Most of the Rest of Your Life. ”Discoveries from Buy My Time: Making The Most Of The Rest Of Your Life Book Kids grown? Mortgage paid? Career topping out? What now? In My Time , best-selling author Abigail Trafford answers the questions more and more Life-Giving Rest: Making the Most of our Free Time - Unfortunately, for most of my life, I embraced little intentionality in my days. I survived each And we ought to be making the most of it. Here are 10 Rest is as essential to our bodies as food and water and air. Our bodies Find time each day to feed your soul by embracing gratitude, laughter, hope, and faith. 10. Reset.Everything to Gain: Making the Most of the Rest of Your Life How Do I Manage My Time, Energy, and Money? does this passage challenge you to enter into the rest of God and embrace rest as a blessing on your life? 8.MY TIME: Making the Most of the Rest of Your Life Trafford The first step to making the most out of life is deciding what you hope to accomplish. Taking your time will give you a much-needed break from the constant hustle of the Im thankful that I have a roof over my head, food on my table, a family that . They struggle with issues somewhat different than those of the rest of the My Time: Making the Most of the Rest of Your Life - Google Books My Time: Making the Most of the Rest of Your Life by Trafford, Abigail Light shelf wear and minimal interior marks. Millions of satisfied customers and climbing.My Time: Making the Most of the Rest of Your Life by Abigail Trafford Reminiscent of Gail Sheehys New Passages , Abigail Trafford notes that good health has created a new life phase that she dubs second adolescence. Defined