

Uh Hello.I m Over Here!: How to Become More Confident and Visible in Midlife (Paperback)



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Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).
(Prof. Buddy Leuschke)

UH HELLO.I M OVER HERE!: HOW TO BECOME MORE CONFIDENT AND VISIBLE IN MIDLIFE (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Rebecca decided to write Uh Hello.I m Over Here! following countless conversations with friends and reading so much negativity in the press about the midlife crisis. It saddened her to continually read about women facing challenges in midlife, about women who felt they were becoming invisible. She heard stories of lack of confidence and low self-esteem, of women telling her that they felt they no longer had any value. They spoke of empty nests, menopause and loss of identity at this time of transition. Uh Hello.I m Over Here! is a short and powerful four-chapter book (think of it as a four-day workshop). It s written for all women in midlife who are looking for clarity at this crossroads. Think of it as your midlife manual, a practical guide to navigate your transformation offering you the chance to thrive in midlife and beyond. Rebecca is passionate about midlife as a time of renewal, a chance to reinvent ourselves, a time of renaissance. She sees midlife as a new beginning rather than the beginning of the end, as a time to create new meaning in life. She longs for her readers to feel valued, confident, respected, alive and vibrant once more. By reading and working through the exercises in the book: You will begin to identify and understand some of your outdated beliefs. You will understand more about what motivates you in midlife. You will begin to take steps towards a future you can be excited about. You will feel braver and more courageous. You will be standing taller and you will most certainly begin to be visible. You will be looking at midlife as a time of transformation...



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