

Repurpose Your Career A Practical Guide For The 2nd Half Of Life

Provides guidelines to starting a second career during middle age, including tips on how to plan the transition from one career to another, salary and education requirements, and finding a new career that makes an impact on society.

Humanity's greatest feat is our incredible ability to learn. Even in their first year, infants acquire language, visual and social knowledge at a rate that surpasses the best supercomputers. But how, exactly, do our brains learn? In *How We Learn*, leading neuroscientist Stanislas Dehaene delves into the psychological, neuronal, synaptic and molecular mechanisms of learning. Drawing on case studies of children who learned despite huge difficulty and trauma, he explains why youth is such a sensitive period, during which brain plasticity is maximal, but also assures us that our abilities continue into adulthood. We can all enhance our learning and memory at any age and 'learn to learn' by taking maximal advantage of the four pillars of the brain's learning algorithm: attention, active engagement, error feedback and consolidation. The human brain is an extraordinary machine. Its ability to process information and adapt to circumstances by reprogramming itself is unparalleled, and it remains the best source of inspiration for recent developments in artificial intelligence. *How We Learn* finds the boundary of computer science, neurobiology, cognitive psychology and education to explain how learning really works and how to make the best use of the brain's learning algorithms - and even improve them - in our schools and universities as well as in everyday life.

The how-to guide to finding profitable, fulfilling work after 50 Aimed at workers aged 50+ looking for a new job—whether they have been laid off or taken early retirement, need supplemental income, or want to pursue an encore career—*Great Jobs for Everyone 50+* is the definitive guide to finding lasting financial security and personal and professional fulfillment. Opportunities abound—the trick is knowing where to look and what to expect. Whether readers are interested in trying jobs they've long dreamed of doing, or just want something with flexible hours that brings in a little extra income, this book covers all the options. As Americans live longer and healthier lives, the desire to work longer—for the income, the mental engagement, or the chance to give back—has grown. But there is little guidance for the 50+ crowd looking for work and few role models who've blazed a path. In *Great Jobs for Everyone 50+*, author and personal finance, retirement, and career transitions expert Kerry Hannon shows the way, with compelling stories from people who've been there. Presenting the nitty-gritty details of available job opportunities, wages to expect, typical hours, and the qualifications and savvy needed to get hired, the book is loaded with practical advice on how to prepare both professionally and financially to start out on a new adventure. Shows where the best opportunities for new employment lie Helps readers find profitable and rewarding jobs to save for retirement Understands that different workers want different things from their jobs and shows how to cast a wide net to find an opportunity that fits Provides incredible insights into working after 50 from Kerry Hannon, a nationally renowned expert in personal finance, retirement, and career transitions Motivational, inspirational, and thoroughly practical, *Great Jobs for Everyone 50+* explains how to find part-time, temporary, work-at-home, or seasonal employment in profitable, rewarding jobs.

Sustainable Home is a stylish, inspirational and practical guidebook to maintaining a more environmentally friendly household. Sustainable lifestyle blogger and professional Christine Liu takes you on a tour through the rooms of your home – the living area, kitchen, bedroom and bathroom – offering tips, tricks and 18 step-by-step projects designed to help you lead a more low-impact lifestyle. Whether its by making your own toothpaste, converting to renewable energy sources, reducing your consumption of plastic, growing your own herb garden or upcycling old pieces of furniture, there are numerous ways – both big and small – to make a difference. With environmental issues at the forefront of global politics, the desire to make small changes on an individual level is on the rise; this book will guide anyone hoping to make a difference, but who perhaps don't know where to begin.

Second Acts is a guide to reinventing your life. Whether you wish to change careers, move to a more desirable part of the country, start a business, write a novel, or drop everything to pursue a life dream, Stephen Pollan offers a powerful message of hope and guidance that has benefited his own clients. Through a series of exercises, you will develop a comprehensive "script" for your second act—a step-by-step action plan that will lead you to the life you've always wanted.

Explore STEM concepts through making and tinkering!

"A personal development approach to discovering, nurturing and defining the new second-act career that's already inside you. The book's 5-step methodology contains 23 practical and accessible strategies to turn your new job or new business idea into a reality."--Back cover.

Is your career all it could be? Henry David Thoreau famously said, "The mass of men lead lives of quiet desperation." Does this describe your current work situation? Whether you're just starting out, looking for a change, or experiencing unwanted change, there's a way forward. Love Your Work is about pivoting step-by-step to a more satisfying career. It will help you: Dream up bigger goals than you have now—and meet them Search out new careers or niches within your industry Pursue work and success in the holistic sense Maybe the new economy feels daunting to you. Maybe you're not sure how to break out of your industry. Maybe you're struggling to move up in rank. Wherever you are, if you don't find your work meaningful and engaging, it's time for a change, and Love Your Work will prepare you to make it. Robert Dickie III is a career advisor and CEO passionate about helping people find their best work. And it shows. He offers motivating stories, insights into today's market, and dozens of resources for growing in your career. By the end of Love Your Work, you won't just be equipped for the next move, you'll be inspired for it. You'll see work differently, and you'll want to pursue it like you never have before.

Start a successful business mid-life When you think of someone launching a start-up, the image of a twenty-something techie probably springs to mind. However, Gen Xers and Baby Boomers are just as likely to start businesses and reinvent themselves later in life. Never Too Old to Get Rich is an exciting roadmap for anyone age 50+ looking to be their own boss and launch their dream business. This book provides up-to-date resources and guidance for launching a business when you're 50+. There are snappy profiles of more than a dozen successful older entrepreneurs, describing

their inspirational journeys launching businesses and nonprofits, followed by Q&A conversations, and pull-out boxes containing action steps. The author walks you through her three-part fitness program: guidelines for becoming financially fit, physically fit, and spiritually fit, before delving more deeply into how would-be entrepreneurs over 50 can succeed. • Describes how you can find capital to start your own business • Offers encouraging stories of real people who have become their own bosses and succeeded as entrepreneurs • Written by PBS Next Avenue's entrepreneur expert, Kerry Hannon • Teaches you how to start your own business Never Too Old to Get Rich is the ideal book for older readers looking to pursue new business ventures later in life.

"Only a fool learns from his own mistakes. The wise man learns from the mistakes of others." - Otto von Bismarck This short book started when I asked a few friends what their worst investment was. What I did not expect was that each of them had such a vivid story to tell. Heck, even my 79-year-old mom responded with a very specific story. The truth is that in the world of finance we are always talking about our winners, about the story of our returns. But, we so rarely talk about failures. This is a book about investing failures. You may relate to one of these stories, or have lived one of them, but most importantly, I want you to learn from them.

Don't settle . . . SUCCEED in the right career! Are you stuck in an unsatisfying job? In the wrong profession? An industry that just isn't a fit? Get unstuck! Land a new career—one you're genuinely passionate about. Switchers helps you realize that dream. Written by celebrated career coach and psychologist Dr. Dawn Graham, the book provides proven strategies that will get you where you want to go. The first step is to recognize that the usual rules and job search tools won't work for you. Resumes and job boards were designed with traditional applicants in mind. As a career switcher, you have to go beyond the basics, using tactics tailor-made to ensure your candidacy stands out. The book reveals how to: Understand the concerns of hiring managers—and think like they do • Craft a resume that catches their attention within six seconds • Spotlight transferable skills that companies covet • Rebrand yourself—aligning your professional identity with your new aspirations • Reach decision-makers by recruiting “ambassadors” from within your network • Nail interviews by turning tough questions to your advantage • Convince skeptical employers to shelve their assumptions and take a chance on you • Negotiate a competitive salary and benefits package—even as a “newbie” to the field Career changers face unique challenges that demand fresh approaches. Packed with psychological insights, practical exercises, and inspiring success stories, Switchers helps you leap over obstacles and into a whole new field. Want to pull off the most daring—and fulfilling—career move of your life? Read Switchers.

Repurpose Your Career A Practical Guide for the 2nd Half of Life Career Pivot Publishing

Experience is making a comeback. Learn how to repurpose your wisdom. At age 52, after selling the company he

founded and ran as CEO for 24 years, rebel boutique hotelier Chip Conley was looking at an open horizon in midlife. Then he received a call from the young founders of Airbnb, asking him to help grow their disruptive start-up into a global hospitality giant. He had the industry experience, but Conley was lacking in the digital fluency of his 20-something colleagues. He didn't write code, or have an Uber or Lyft app on his phone, was twice the age of the average Airbnb employee, and would be reporting to a CEO young enough to be his son. Conley quickly discovered that while he'd been hired as a teacher and mentor, he was also in many ways a student and intern. What emerged is the secret to thriving as a mid-life worker: learning to marry wisdom and experience with curiosity, a beginner's mind, and a willingness to evolve, all hallmarks of the "Modern Elder." In a world that venerates the new, bright, and shiny, many of us are left feeling invisible, undervalued, and threatened by the "digital natives" nipping at our heels. But Conley argues that experience is on the brink of a comeback. Because at a time when power is shifting younger, companies are finally waking up to the value of the humility, emotional intelligence, and wisdom that come with age. And while digital skills might have only the shelf life of the latest fad or gadget, the human skills that mid-career workers possess--like good judgment, specialized knowledge, and the ability to collaborate and coach - never expire. Part manifesto and part playbook, *Wisdom@Work* ignites an urgent conversation about ageism in the workplace, calling on us to treat age as we would other type of diversity. In the process, Conley liberates the term "elder" from the stigma of "elderly," and inspires us to embrace wisdom as a path to growing whole, not old. Whether you've been forced to make a mid-career change, are choosing to work past retirement age, or are struggling to keep up with the millennials rising up the ranks, *Wisdom@Work* will help you write your next chapter.

The modern job market is ceaselessly expanding as technology and culture changes. Today, there are more than forty thousand different job titles in the United States, each demanding different training, talents and personalities. With *CareerCode: Know Your Code, Find Your Fit*, Jan Lowe and Tracy Lundgrin have shared a cutting-edge and enlightening process that links personal traits, interests, and work environments to real and practical careers in today's rapidly changing world.

What are nimble, resilient career players doing to ensure satisfying consistent work regardless of the setbacks in their lives? Their careers are recession proof. Even when they lose a job, another one better suited to them magically appears. They are agile careerists. The agile careerist consistently iterates ideas, answering the questions, "What do I want that I currently don't have in my life's work?" or "What do I want to do next?"

"Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes

readers on a mindfulness journey to help them de-stress and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can"--

****First place non-fiction winner- Kindle Book Promos Book Contest 2014 for Outstanding Achievement in Non-Fiction****

This book is for all those who feel dissatisfied in their professional life. Are you a student on the brink of making significant career choices? An experienced professional longing for change? Are you starting your own business? If you are experiencing frustration in your professional life -- facing fear, anxiety, criticism, rejection or self-doubt - this guide is for you. The book *Finding Your Career Path without Losing Your Mind* is designed to help the reader, step by step, to overcome the effects of negative emotions on his or her career development. Peppared by surprisingly apropos observations on human nature by figures as diverse as the Buddha to Jerry Seinfeld, Michal Fisher presents a finely woven tapestry of her personal experience, full-circle case studies, self-help advice, guided imagery, art therapy, psychology theory and spiritual insights. Reading this book and opening yourself up to its ideas will help you manage your emotions through the turmoil of career change and navigate your way safely and joyfully to your career destination. Job seekers, career changers, occupational psychologists and career coaches will find a wealth of information and value in this highly engaging and inspiring book. Michal Fisher, M.A., is a successful group facilitator and a life coach for career development and personal growth. <https://www.facebook.com/FisherMichal>

#1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

" Written by Harvard-trained ex-law firm partner Liz Brown, *Life After Law: Finding Work You Love with the J.D. You Have* provides specific, realistic, and honest advice on alternative careers for lawyers. Unlike generic or abstract career guides, *Life After Law* shows lawyers how to reframe their legal experience to their competitive advantage, no matter how long they have been in or out of practice, to find work they truly love. Brown herself moved from a high-powered partnership position into an alternate career and draws from this experience, as well of dozens of former practicing attorneys, in the

book. She acknowledges that changing careers is hard - much harder than it was for most lawyers to get their first legal job after law school - but it can ultimately be more fulfilling for many than a life in law. Life After Law offers an alternative framework and valuable analytic tools for potential careers to help launch lawyers into new fields and make them attractive hires for non-legal employers. "--

In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, Emergent Strategy teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's Brood: Science Fiction from Social Justice Movements, is a social justice facilitator, healer, and doula living in Detroit.

Discover how to make the second half of your life happy and productive with this perceptive and inspiring guidebook that will help you achieve your dreams and get more out of life—whether or not retirement is in your future plans. We are living in a time when everyone is constantly reassessing what is next for them. In the mid-career group, people who have spent years working are now seeing their industry dramatically evolve and are facing the question: “What does that mean for me in the next twenty years?” At the same time, the post-career population is also going through massive change and dealing with the fact that many of them are not prepared financially, logistically, or emotionally for the next phase of their lives. And while we may want to retire, most of us don't want to do nothing. With expert insight and approachable techniques, Roar will help you identify fresh goals and take meaningful action to achieve a purposeful life. Featuring a unique and dynamic 4-part process, Roar will show you how to: - Reimagine yourself - Own who you are - Act on what's next - Reassess your relationships Transformative and invigorating, this is the ultimate roadmap to the latest journey of your life.

Are you ready to EXIT FROM WORK? EXIT FROM WORK: What Will the New You Look Like? by Gregg Lunceford, PH.D., CFP is a timely book written for the growing number of people living longer lives. Never before have you had so many options live a more balanced and even exciting life. This is the time when "60" is truly the new "40." What does this mean for you? This book walks you through the many new options you have available in today's opportunity-expansive world. It just takes "knowing" where to look. Enter EXIT FROM WORK. This powerful book is based on Gregg's research while obtaining his PH.D. and his experience over 25+ years in financial services. EXIT FROM WORK is brimming with actionable ideas to help you redefine the typical conceptions about work and retirement that is now seen as optional by

millions of people who are living strong, healthy lives longer. With EXIT FROM WORK you will experience a whole new way of viewing your next stage in life as Lunceford shares deep insights into how to ensure each successive year becomes your best year ever. This book will help you see how you can use the power of money combined with a wide set of resources and tips to learn how to live better at any age. If you took the time to look at this book, there is a good chance you're a "take charge" kind of person and looking for the best insights as to how to successfully EXIT FROM WORK. Pick up a copy of this book today to start living a more abundant, rich, and rewarding life tomorrow.

STRONG, WISER, BETTER An Essential Guide for Reentering, Reinventing, or Rebooting Your Career at Any Age So many women hit midlife and realize: it's time for a career change. Maybe you're yearning to try something new, or you're sensing that layoffs are coming and you need a backup plan. Perhaps you paused, or downsized your career to raise children, and you're ready to rejoin the workforce. How do you reboot, relaunch, return to, or reinvent a career at age 40? Or 50? Or 60? And how can you create a career and life that will provide you with purpose and financial security for years to come? In *Comeback Careers*, New York Times bestselling author and co-host of MSNBC's Morning Joe Mika Brzezinski and her sister-in-law Ginny Brzezinski have teamed up to show you that career reinvention is possible at any age. You have the skills, experience and maturity; it's time to own them. For this book, Mika and Ginny interviewed dozens of career-changers working in a variety of fields, from finance to academics to art. They share successful relaunchers' secrets to overcoming obstacles both internal and external, and their step-by-step processes and candid advice. They also reveal key strategies from top job coaches, resume-writers, and LinkedIn experts, tailored to the special challenges of mid-career jobseekers. It's time to rewrite the narrative. You are stronger, wiser, and better at the midpoint, and *Comeback Careers* is a roadmap to your career reinvention and fulfillment.

When you live a life you're truly proud of, you ignite your potential and become a catalyst to solve the world's most perplexing problems. *Elevate Your Career* brilliantly demonstrates how you can design a career in alignment with your interests and talents by discovering what makes you truly happy. Through stories of real people, Helen Horyza expertly illustrates how people from all walks of life and education levels can create a career that is literally a perfect fit--even if you don't know what your "passion" is. By taking the Elevations(R) career assessment and following the Elevate Career Cycle method, you can uncover your passion by discovering your interests and unique talent package. No matter where you are in your evolving career journey, this book will provide you with the tools and the momentum you need to elevate your career!

"...an absurdly motivating book." –A.J. Jacobs, New York Times bestselling author Don't get stuck on a career path you have no passion for. Don't waste your intelligence on something that doesn't really mean anything more to you than a paycheck. Let

Isaiah Hankel help you define a focus so powerful that everything in your life will be pulled towards it. Create your purpose and change your life. Be focused. Be fulfilled. Be successful. Black Hole Focus has been endorsed by top names in business, entrepreneurship, and academia, including 4 times New York Times bestseller AJ Jacobs and Harvard Medical School Postdoc Director Dr. Jim Gould. The book is broken up into 3 different sections; the first section shows you why you need a purpose in life, the second section shows you how to find your new purpose, and the third section shows you how to achieve your goals when facing adversity. In this book, you will learn: How to understand what you really want in life and how to get it Why people with a powerful purpose live to 100 How to rapidly improve focus and change your life using the secret techniques of an international memory champion How people like Jim Carrey, Oprah Winfrey, and J.K. Rowling transformed pain into purpose How to start a business by avoiding willpower depletion and the life hack lie Black Hole Focus includes exclusive case studies from medical practitioners, research scientists, lawyers, corporate executives and small business owners who have used the techniques described in this book to achieve massive success in their own lives. About the Author: Dr. Hankel is an internationally recognized expert in the biotechnology industry and prolific public speaker. He's given over 250 seminars in 22 different countries while working with many of the world's most respected companies and institutions, including Harvard University, Oxford University, Roche Pharmaceuticals, Eli Lilly & Company, Baxter International and Pfizer. Dr. Hankel uses the science of purpose and the principles of entrepreneurship to help people achieve their biggest goals.

The Practical Guide to Building a Career in the Digital Age If Marc Miller could have seen the future when he wrote his first book: Repurpose Your Career, A Practical Guide for Baby Boomers, he might have called it Life As You Know It Is About to Change...A Lot. Since the 2008 economic downturn left many Baby Boomers unable to retire, Marc decided to use his own experiences to help others pivot to a career that would fulfill them for the next 20 years. In his second book, Repurpose Your Career: A Practical Guide for the Second Half of Life he addressed the fact that the people seeking him out weren't all Baby Boomers. Many in Generation X were also either dissatisfied with their careers or were being displaced by ongoing technological and social disruption. Repurpose Your Career third edition responds to another huge shift in work: In this age of disruption, digitization, and the gig economy, people need a new mindset and strategies to become continual learners, create their own flexible careers, and cope with ageism. This book helps them do it. Miller's Career Pivot.com has been listed as a top career site by organizations including Forbes and Career Sherpa, and his strategies for a career transition have been featured on Mashable, Life Hacker, Money, Flexjobs and Sixty & Me. His second book was listed as one of the best career books of all time by Book Authority. A "recovering engineer," who spent years working at IBM, Miller's own career journey started when his bicycle collided with a car, nearly ending his life. The experience changed his perspective on what he was doing with his time and launched him on a search for career fulfillment, leading him to jobs including teaching in the inner city, fundraising for a non-profit, and working for startups. He decided to parlay his experiences-and his engineer's expertise at breaking big tasks into manageable steps-into helping others find long-lasting career fulfillment. Today, though unemployment is at record lows for all age groups, employee satisfaction

numbers have remained low. Everyone wants a job that's meaningful and fulfilling to them as individuals, but few know how to evaluate an opportunity for those criteria. Instead, they focus on things like money and location, not realizing that more impactful factors to their happiness might include how much time they interact with others, whether the role requires multitasking or single focus, and what level of emotional support they need. Complicating matters is the fact that entire industries can virtually disappear overnight and that many people will wind up doing a series of jobs and side gigs rather than having one long-term role with a single employer. Every worker—regardless of age—needs to avail themselves of every opportunity to learn and grow rather than expecting someone to train them. And they to look not for a role to fill but a problem to solve. Written with professional writer Susan Lahey, *Repurpose Your Career*, the third edition is not only an easy read but packed with practical information and specific action steps. It's the guidebook people in their 40 and beyond need to carry them into the next phase of life.

NEW YORK TIMES BESTSELLER • In this refreshing and inspiring memoir, Lauren Akins, the wife of country music star Thomas Rhett, shows what it's really like to be “the perfect couple” fans imagine, and reveals what it actually takes to live in love, stay in love, and grow together. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY PARADE** When country music star Thomas Rhett won the ACM Award for Single of the Year with “Die a Happy Man,” his wife, Lauren Akins, was overjoyed. Her childhood best friend and now husband was being anointed the hottest new star in country music—for a song he had written about her. He was living his dream. Lauren was elated, but she was also wrestling with some big questions, not the least of which was, How can I live my own life of purpose? Lauren Akins never wanted to be in the spotlight, but as Thomas Rhett made his relationship with Lauren the subject of many of his hit songs, she was tossed into the role of one of America's sweethearts. Revered by fans for her down-to-earth ease and charm, her commitment to humanitarian work, and the pure love she exudes for her family, Lauren has never shared her side of their story—full as it's been with deep love, painful loss, tremendous joy, and a struggle to stay grounded in faith along the way—until now. In *Live in Love*, Lauren shares details about her childhood friendship with Thomas Rhett, explaining how they reconnected as young adults. She offers a rare behind-the-scenes look at the challenges of being married to her best friend, who just happens to be a music star, and the struggle to find her own footing in the frenzy of her husband's fame. And in heart-wrenching detail, she opens up about her life-changing experiences doing mission work in Haiti, and then in Uganda, where she met the precious baby who would become their first daughter. From sharing the romance of their handwritten wedding vows to the challenges they faced as they adjusted to the reality of becoming first-time parents, *Live in Love* takes an intimate look at one couple's life—and opens a window into all of our journeys on the path to self-discovery. *Live in Love* is a deeply personal memoir that offers inspiring guidance for anyone looking to keep romance alive, balance children and marriage, express true faith, and live a life of purpose.

In these fascinating pages, author Luanne Zurlo shows that, contrary to popular opinion, single life is often a holy, joyful vocation lived out, sometimes in a hidden way, by souls who have had an authentic encounter with Christ. Here she sheds light on this little-understood vocation discerned and embraced by a growing number of single persons who neither marry nor enter religious life.

These souls are joyfully single for a greater purpose, nourishing both the world and the Church with the unique spiritual strengths and graces that God gives to souls who deliberately remain single for Him — in the world but not of it. In the face of mounting difficulties within our world and our Church, God is now calling for an army of dedicated singles — laymen for the Kingdom of God — nourished from within and empowered by an authentic, personal encounter with Him alone.

"In this warm, wise, and witty overview, Jonathan Rauch combines evidence and experience to show his fellow adults that the best is yet to come." —Steven Pinker, bestselling author of *Enlightenment Now* This book will change your life by showing you how life changes. Why does happiness get harder in your 40s? Why do you feel in a slump when you're successful? Where does this malaise come from? And, most importantly, will it ever end? Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. He shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. This isn't a midlife crisis, though. Rauch reveals that this slump is instead a natural stage of life—and an essential one. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life. And Rauch can testify to this personally because it was his own slump, despite acclaim as a journalist and commentator that compelled him to investigate the happiness curve. His own story and the stories of many others from all walks of life—from a steelworker and a limo driver to a telecoms executive and a philanthropist—show how the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Full of insights and data and featuring many ways to endure the slump and avoid its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it helps you find a path through the trees. It also demonstrates how we can—and why we must—do more to help each other through the woods. Midlife is a journey we mustn't walk alone.

The Art of Cardboard showcases the grand and imaginative scale of cardboard art and design. breathe new life into that old cardboard box!

You know you can do more with your career. And the future is going to demand more of you. The problem is you are so busy keeping up with the day-to-day that you can't prepare for tomorrow. *Stretch: How to Future Proof Yourself for Tomorrow's Workplace* gives you the confidence and knowledge you need to achieve your goals in an ever-changing world. Karie Willyerd and Barbara Mistick—established experts and the collective winners of dozens of awards in the field of personal development and learning—offer evidence-based guidance on obtaining the skills you will need to thrive in tomorrow's workplace. Built on solid, global research and dozens of personal interviews with people who have achieved new and inspiring goals, *Stretch* offers advice, valuable insights, anecdotes, and recommendations to make achieving your goals practical and within reach. If you are like other professionals, your biggest worry is becoming obsolete at work. Shifting technologies, fierce competition among corporations, and recruitment occurring on a global level would give anyone concern. To remain relevant in spite of change, you need to know how to: Learn in any situation Open your thinking to a world beyond where you are now Connect to the people who can help you make

your future happen Seek experiences that will prepare you for tomorrow Stay motivated through the ups and downs of a career so you can bounce forward Stretch: How to Future Proof Yourself for Tomorrow's Workplace offers five practices to help you start, enhance, and lengthen your career by anticipating the needs of tomorrow's work environment. Don't become obsolete. Instead, stretch to achieve your potential.

The difference between helping and selling is just two letters If you're wondering how to make your products seem more exciting online, you're asking the wrong question. You're not competing for attention only against other similar products. You're competing against your customers' friends and family and viral videos and cute puppies. To win attention these days you must ask a different question: "How can we help?" Jay Baer's Youtility offers a new approach that cuts through the clutter: marketing that is truly, inherently useful. If you sell something, you make a customer today, but if you genuinely help someone, you create a customer for life.

A book of loss, looking back, and what binds us to life, by a towering poetic talent, called "one of the poetry stars of his generation" (Los Angeles Times). "We sleep long, / if not sound," Kevin Young writes early on in this exquisite gathering of poems, "Till the end/ we sing / into the wind." In scenes and settings that circle family and the generations in the American South--one poem, "Kith," exploring that strange bedfellow of "kin"--the speaker and his young son wander among the stones of their ancestors. "Like heat he seeks them, / my son, thirsting / to learn those / he don't know / are his dead." Whether it's the fireflies of a Louisiana summer caught in a mason jar (doomed by their collection), or his grandmother, Mama Annie, who latches the screen door when someone steps out for just a moment, all that makes up our flickering precarious joy, all that we want to protect, is lifted into the light in this moving book. Stones becomes an ode to Young's home places and his dear departed, and to what of them--of us--poetry can save.

A career guide that rethinks the golden years, this handbook offers 50+ income models for creating flexible, fulfilling, and profitable work during the encore stage of one's career. RETHINK YOUR RETIREMENT For many people, retirement is no longer a trifecta of golf, grandkids, and gardening—it's an opportunity for new pursuits that involve both earning income and exploring personal passions. If you're planning for retirement or already at "retirement age" but want to continue working—whether to supplement your income or to stay mentally and physically active—veteran career coach Nancy Collamer shows how to identify your favorite interests and expertise and repackage them into more than fifty ways to earn income. These second acts range from the traditional (part-time employment, consulting) to newer Internet-based options (teaching online, writing a blog). With a prescriptive approach to securing second-act careers that are flexible, fulfilling, and fun, this book offers a wide variety of income-generating examples as well as exercises to clarify your lifestyle goals and help you plan for your next move. Second-Act Careers shows how to create a profitable and meaningful semi-retirement on your own terms and in your own way.

Choosing Leadership is a new take on executive development that gives everyone the tools to develop their leadership skills. In this workbook, Dr. Linda Ginzel, a clinical professor at the University of Chicago's Booth School of Business and a social psychologist, debunks common myths about leaders and encourages you to follow a personalized path to decide when to manage and when to lead. Thoughtful exercises and activities help you mine your own experiences, learn to recognize behavior patterns, and make better choices so that you can create better futures. You'll learn how to: Define leadership for yourself and move beyond stereotypes Distinguish between leadership and

management and when to use each skill Recognize the gist of a situation and effectively communicate it with others Learn from the experience of others as well as your own Identify your “default settings” and become your own coach And much more Dr. Linda Ginzl is a clinical professor of managerial psychology at the University of Chicago’s Booth School of Business and the founder of its customized executive education program. For three decades, she has developed and taught MBA and executive education courses in negotiation, leadership capital, managerial psychology, and more. She has also taught MBA and PhD students at Northwestern and Stanford, as well as designed customized educational programs for a number of Fortune 500 companies. Ginzl has received numerous teaching awards for excellence in MBA education, as well as the President’s Service Award for her work with the nonprofit Kids In Danger. She lives in Chicago with her family.

Reinvention is the key to success in these volatile times—and Pamela Mitchell holds the key to reinvention! In *The 10 Laws of Career Reinvention*, America's Reinvention Coach® Pamela Mitchell offers every tool readers need to navigate the full arc of career change. Part I introduces the Reinvention Mindset, with what you need to know to be prepared mentally to get started. In Part II, you read the real-life stories of ten individuals who successfully made the leap to new and unexpected careers, using the 10 laws: The 1st Law: It Starts With a Vision for Your Life The 2nd Law: Your Body Is Your Best Guide The 3rd Law: Progress Begins When You Stop Making Excuses The 4th Law: What You Seek is on the Road Less Traveled The 5th Law: You’ve Got the Tools in Your Toolbox The 6th Law: Your Reinvention Board is Your Lifeline The 7th Law: Only a Native Can Give You the Inside Scoop The 8th Law: They Won't "Get" You Until You Speak Their Language The 9th Law: It Takes the Time That it Takes The 10th Law: The World Buys Into an Aura of Success Each story is followed by an in-depth lesson that explains how to adapt these laws to your own career goals, and what actions and precautions to take. The lessons answer all your tactical concerns about navigating the roadblocks, getting traction and managing your fears. The final section provides workbook exercises for fine-tuning your reinvention strategies for maximum results. Clear-headed, calming, practical, and thorough, this is the ideal action plan for getting through any career crisis and ending up securely in the lifestyle you've always dreamed of having.

Develop a resilient, aspirational and effective plan for your career by using tools and methods developed for business strategy planning. An edition expanded with more than 100 pages of new content offers a blueprint for a better life, whether one's dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management or just living more and working less.

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