



Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life

By Robi Ludwig



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Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us.

Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exciting careers;
- Becoming more spiritual and leading a life of gratitude; and more.

Your Best Age Is Now provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.



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Editorial Review

From the Back Cover

Although we've been conditioned to think "middle-aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their forties, fifties, and even sixties are feeling younger and living more vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us.

Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and her experience as a therapist to show that midlife is not the beginning of your decline—it is actually a time to pursue your dreams. During midlife, you experience a second adolescence: a time to question authority, take risks, and reinvent yourself. In *Your Best Age Is Now*, Ludwig offers specific advice on how to change your perception of this life phase and make the best of it in every area of your life:

- **SELF-IMAGE:** Identify the false thinking, stereo-types, and misconceptions that are holding you back.
- **RELATIONSHIPS:** Take charge of your love life—whether married, partnered, or reentering the dating world.
- **WORK:** Stay relevant in the workplace or start a new, exciting career.
- **HEALTH AND WELLNESS:** Let go of stress, cultivate resilience, and create a more balanced life.
- **SPIRITUALITY:** Find meaning and purpose while leading a life of gratitude.

Your Best Age Is Now provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

Live Agelessly

"A must-read for any woman who fears her prime is in her past. Ludwig's practical and perspective-changing advice will help you embrace midlife's unique opportunities and navigate challenges with ease, so you can live your fullest life yet."—Holly Phillips, M.D., general internist, author of *The Exhaustion Breakthrough*, and CBS News medical contributor

"Every woman needs to read this book. Robi Ludwig will convince you that a youthful mindset, plus new adventures and opportunities and even new or deeper love, are all highly possible, no matter what the number on your birth certificate is."—Bonnie Fuller, president and editor-in-chief of HollywoodLife.com

"Robi Ludwig shows us how to feel ageless, beautiful, and relevant. A superb book that will shift and transform your beliefs about midlife and aging."—Laura Geller, founder of Laura Geller Beauty and board member of the Cosmetic Executive Women Foundation

"In this revolutionary and riveting book, Robi Ludwig brilliantly helps women break through the disabling myths we've been fed about midlife. She redefines it, using science and inspiring stories from her practice, empowering us to enjoy this truly fantastic time of life."—Lisa Bloom, civil rights attorney, legal analyst for

NBC News and Avvo.com, and *New York Times* bestselling author of *Think*

“Robi Ludwig nails it! She makes it clear that midlife is the time for wise, effective women to advance the whole damn species! Robi makes us roar!”—Dr. Wendy Walsh, Emmy-nominated former cohost of *The Doctors* and CNN commentator

About the Author

Robi Ludwig, PsyD, is a nationally known psychotherapist, award-winning reporter, and author. Dr. Ludwig is a regular guest on CNN, Fox News, and *Headline News*, discussing psychological and lifestyle issues as well as the criminal mind. She has appeared on *Today*, *Entertainment Tonight*, *20/20*, *World News Tonight*, *Nightline*, *The View*, and is on the medical board and a contributor for *BELLA* magazine. She also writes for the *Huffington Post*. Dr. Ludwig lives in New York.

Users Review

From reader reviews:

Claire Underwood:

Book is to be different for each grade. Book for children until finally adult are different content. To be sure that book is very important for us. The book *Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life* seemed to be making you to know about other understanding and of course you can take more information. It is quite advantages for you. The publication *Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life* is not only giving you much more new information but also for being your friend when you feel bored. You can spend your own spend time to read your reserve. Try to make relationship while using book *Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life*. You never sense lose out for everything in the event you read some books.

William Svendsen:

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love *Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life*, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

Judith Smith:

In this time globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. The book that

recommended to you personally is Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life this reserve consist a lot of the information of the condition of this world now. This specific book was represented just how can the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. That is why this book appropriate all of you.

Ronnie Chaney:

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