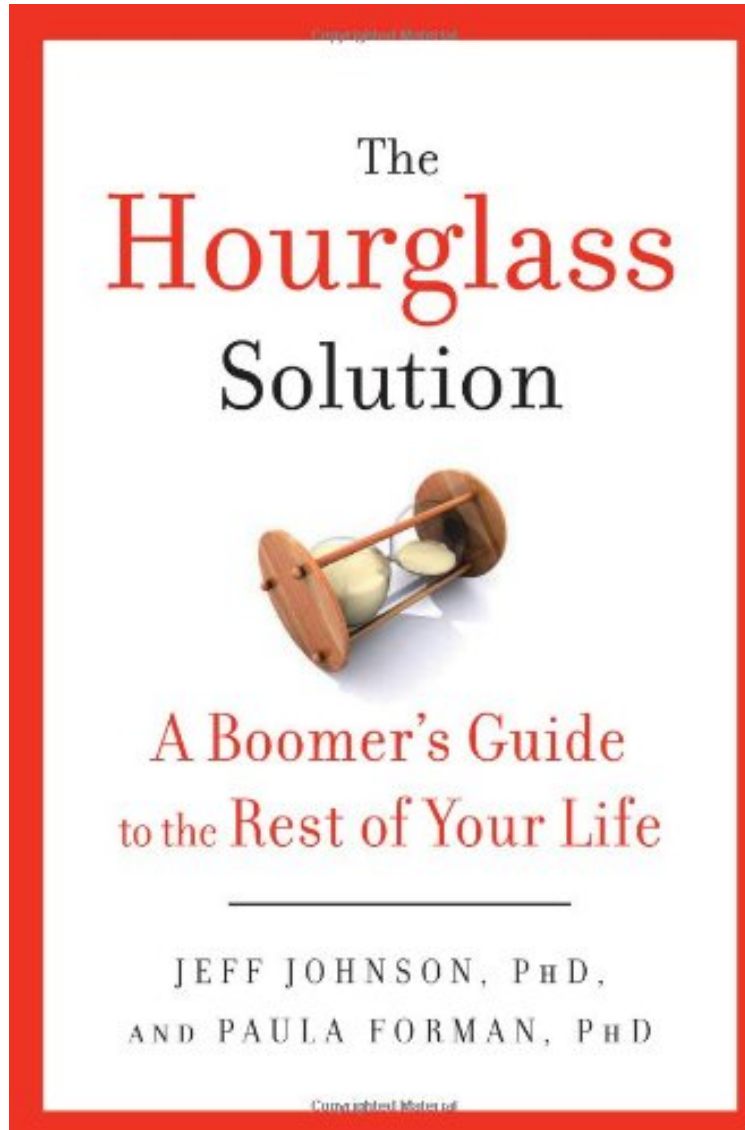



(Mobile book) The Hourglass Solution: A Boomer's Guide to the Rest of Your Life

The Hourglass Solution: A Boomer's Guide to the Rest of Your Life

Jeff Johnson, Paula Forman

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you at the price of your own needs.reinforced my beliefs that travel out of country is one of the most fulfilling ways to enrich your life.1 of 1 people found the following review helpful. Right idea at the right time!By Brenda FranklinInitially, I thought the Hour Glass Solution was off on a wrong track for me, but the book quickly proved its value. With a sensitive understanding of how our boomer lives have often evolved, the authors illustrate how and where our lives can be fruitfully (necessarily?) reappraised at our current life stage. The book offers a vocabulary (e.g., "the language of stuck") that usefully focuses reflection and enlightens decision-making. The authors' banter is lively and the book's illustrations of lives reshaped are truly inspirational. The book reads well -- and is the right length. It is valuable reading for any boomer.0 of 1 people found the following review helpful. Right on the moneyBy David R. MaraghyThe authors capture so many of the issues and concerns of their targeted age group. I found the examples theyshared very instructive as I plan ahead.I would recommend this book to anyone entering the years 50, or already well into their 50's, 60's.

Seventy-five million baby boomers are finding themselves bound by habits and pursuits instigated many years agoand for a large percentage of those boomers, significant aspects of their lives no longer satisfy. But by joining revolutionary insight to highly proprietary prescriptive advice, The Hourglass Solution provides a proactive and pragmatic way to lead a better life after 50.Johnson and Forman evaluate the life narrative through the lens of an hourglassproposing that those in early adulthood are at the top of the hourglass, able to select from many options, while those in middle age are in the hourglass's neck, constrained by the choices they made earlier in their lives. The Hourglass Solution explains how those approaching their fifties (and beyond) can still find a wealth of opportunity by recognizing and pursuing new directions, free from the restrictions imposed by an earlier choice. Like Gail Sheehy's Passages before it, The Hourglass Solution will enlighten and inspire a generation of readers to regain control over their lives and well-being.

About the AuthorJeff Johnson, Ph.D., is a trained psychologist and advertising professional frequently quoted in the New York Times and Wall Street Journal.Paula Forman, Ph.D., became an adjunct sociology professor after her 25-year advertising career.They both live in the New York City area.