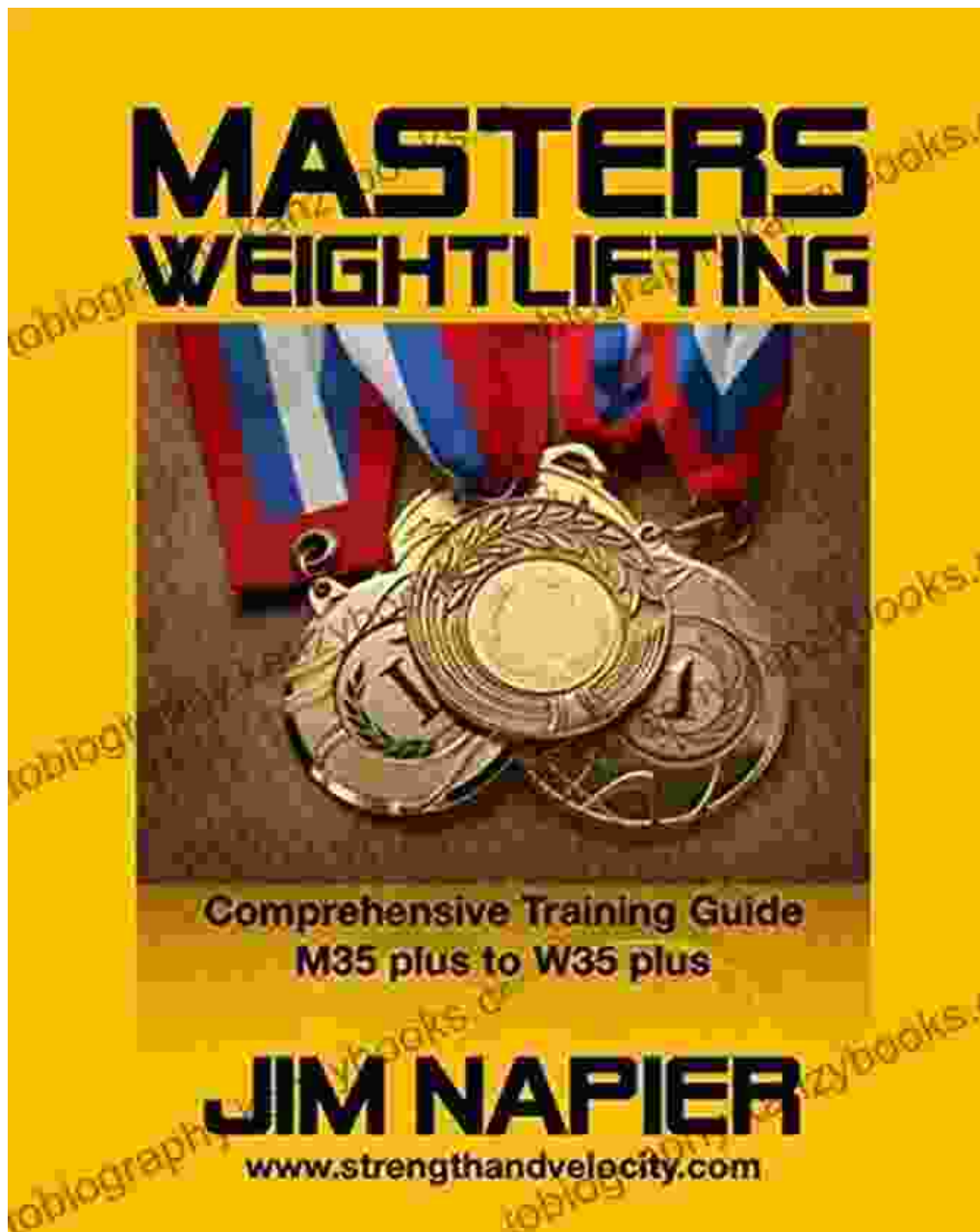


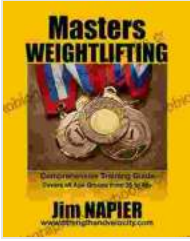
# M35 Plus to W35 Plus: The Ultimate Guide to Midlife Success and Fulfillment



## Masters Weightlifting: Comprehensive Training Guide: M35 plus to W35 plus by Jim Napier

★★★★☆ 4.4 out of 5

Language : English



File size	: 3380 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 219 pages
Lending	: Enabled



Midlife is a time of great change and transition. It's a time when we may question our lives, our choices, and our future. It's a time when we may feel lost, alone, and unsure of what's next.

But midlife is also a time of great opportunity. It's a time when we can learn from our past, grow into our potential, and create a life that is truly fulfilling.

In her new book, *M35 Plus to W35 Plus*, author and speaker Dr. Michelle Bengtson provides a roadmap for midlife women who are ready to embrace the challenges and opportunities of this transformative time of life.

Based on her own personal journey and the stories of hundreds of women she has interviewed, Dr. Bengtson offers practical advice and inspiration to help women:

- \* Navigate the physical, emotional, and spiritual changes of midlife \*
- Overcome the challenges of midlife, such as divorce, job loss, and empty nest syndrome \*
- Identify their unique gifts and talents \*
- Create a life that is aligned with their values and passions \*
- Live a life of purpose and fulfillment

## **The Challenges of Midlife**

Midlife can be a challenging time for women. We may be facing a number of changes, such as:

- \* Physical changes, such as menopause and weight gain
- \* Emotional changes, such as feeling lost, alone, and unsure of what's next
- \* Spiritual changes, such as questioning our beliefs and values
- \* Relationship changes, such as divorce or the death of a loved one
- \* Career changes, such as job loss or a change in direction

These changes can be difficult to navigate, but they also present an opportunity for growth and transformation.

## **The Opportunities of Midlife**

Midlife is also a time of great opportunity. It's a time when we can:

- \* Learn from our past experiences and grow into our potential
- \* Identify our unique gifts and talents
- \* Create a life that is aligned with our values and passions
- \* Live a life of purpose and fulfillment

Midlife is a time to reinvent ourselves and create a life that is truly our own. It's a time to embrace the challenges and opportunities of this transformative time of life.

## **M35 Plus to W35 Plus**

M35 Plus to W35 Plus is the definitive guide to help midlife women navigate the challenges and embrace the opportunities of this transformative time of life.

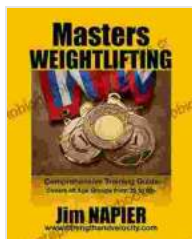
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- Create a life that is aligned with their values and passions \*
- Live a life of purpose and fulfillment

M35 Plus to W35 Plus is a must-read for any midlife woman who is ready to embrace the challenges and opportunities of this transformative time of life.

## About the Author

Dr. Michelle Bengtson is a speaker, author, and coach who helps women navigate the challenges and embrace the opportunities of midlife. She is the author of the bestselling book, Redefine



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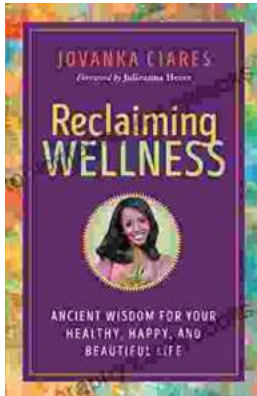
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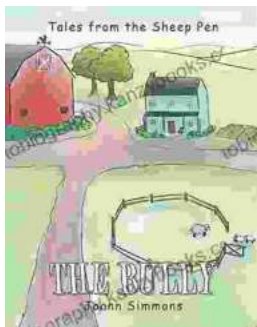
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