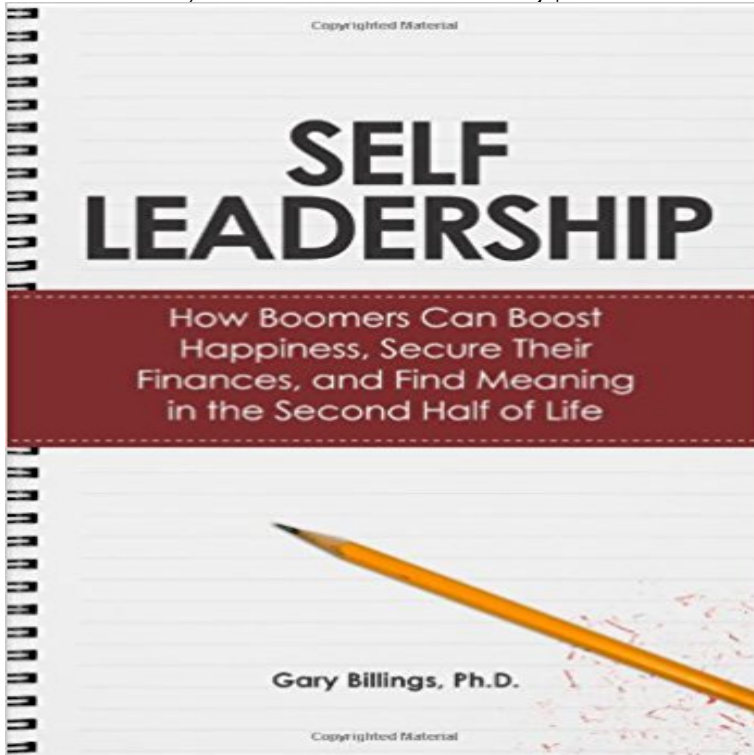


# Self Leadership: How Boomers Can Boost Happiness, Secure Their Finances, and Find Meaning in the Second Half of Life



Self Leadership: How Boomers Can Boost Happiness, Secure Their Finances, and Find Meaning in the Second Half of Life by Gary Billings guides Boomers into transitioning successfully into the second half of their lives. Billings, who spent two years researching what makes people happy, packs his book with personal anecdotes and tips for managing your marriage, your finances, your mental and physical development, and more. Billings also provides suggestions for keeping fit and developing new relationships. He introduces what he calls Self Leadership, which is having a vision of what you want to achieve and then developing goals and taking action to achieve your vision. Warmly written and as educational as it is entertaining, Self Leadership should be the first book on any Boomers reading list.

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