

The Hourglass Solution: A Boomers Guide to the Rest of Your Life



With 75 million in the U.S. alone, baby boomers are the largest demographic on the planet, and yet, despite the traditional positive influence on confidence and career satisfaction aging delivers, most boomers feel trapped and void of choices. Both motivating and prescriptive, The Hourglass Solution suggests a new way of thinking about choices in life and how mid-life can be a time of renewal and expanded choices rather than a time of restrictions and the status quo. Identifying ways to get life unstuck, The Hourglass Solution guides the reader through the process of redefining choices for the second half of his or her life.

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