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Fifty Is the New Nothing: Starting Over in the Middle (Paperback)

By Chuck Sigars

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand ***** . I don t want to go to law school, or pursue another advanced degree, or change my career, which would be funny if I had a career to begin with. I might do all of those things come the next season, but this is summer and I m about to turn 50 and suddenly I have the makings of a gym in my basement and it s clear to me. I want to be Batman. --The Dark Knight of the Soul Some people age well. Others, not so much. When it came to turning 50, though, Pacific Northwest columnist Chuck Sigars realized it was an ideal time to start over. From his popular newspaper columns for Beacon Publishing, 50 Is The New Nothing explores the possibilities, not the limitations, of aging. With his trademark humor, Sigars describes his adventures losing 100 pounds, learning to count calories and walk for miles, along with his discovery of exactly how many push-ups he could do (three). 50 Is The New Nothing could also be a primer on aging gracefully,...



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