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My Time: Making the Most of the Rest of Your Life

Abigail Trafford

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Kids grown? Mortgage paid? Career topping out? What now? In *My Time*, best-selling author Abigail Trafford answers the questions more and more 50somethings are asking themselves.Thanks to the longevity revolution of recent decades, today's 55-75-year-olds are living and working longer and healthier than ever before. This generation is the first to experience the period of personal renaissance in between middle and old age--what Trafford calls "My Time." Defining this period as a whole new developmental stage in the life cycle, Trafford skillfully guides readers through the obstacles of "My Time" and offers them the opportunity to take full advantage of the bonus decades.With the same wit, compassion, and vivid storytelling that made *Crazy Time* one of the best-loved books ever written on the subject of divorce, Trafford blends personal stories with expert opinions and the latest research on adult development. From the doctor who gave up his practice to write books to the widowed mother of three who reinvented herself as a successful photographer, true tales of crisis and triumph sparkle on every page of this inspiring and insightful book.Like Gail Sheehy's *Passages*, *My Time* is certain to profoundly affect the journey through our adult years.

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