



It's Only Too Late If You Don't Start Now: How To Create Your Second Life At Any Age

Barbara Sher

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Shattering the myth that turns midlife (or any age) into a crisis, this provocative guide is packed with sage advice.

It's Only Too Late If You Don't Start Now: How To Create Your Second Life At Any Age Details

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Andrew says

This took a while to read because it was a little too real. I took one long halt when I hit the chapter on work, for example. The book was recommended to me by a good friend who had loved the book from long before she hit midlife—and I think it could be helpful reading (and rereading) at any age, just like the title promises. Very interesting to read a perspective on human purpose and identity from a very atheological standpoint—her spiritual anthropology is largely based on the premise that we are driven by biological imperatives and the downward slope to death that is midlife has a lot of potential liberatory power.

Deborah Williams says

Recommend for anyone over 50. Defines what a midlife crisis can be like and it's not what you've always thought.

Anna K. Lindegren says

I am glad I read this book in my 30es.

Katherine Dose says

I suspect this was written for my parents rather than my generation

Pamela Wells says

This is a fun book for middle-age Seekers who are really tired of waiting for their lives to begin! Barbara says it is never too late unless you don't start now. So start by reading this light-hearted book that keeps the to-do list simple yet wonderfully inspirational.

I also don't mind saying I read this book before turning 40. It is now part of my permanent collection of inspirational wisdom books. I think this book can be relevant to anyone at any age who is ready to begin a life of purpose and passion! Barbara is a wonderful guide and motivational writer.

Emma Sea says

I actually really, really loved this. Especially the part about romantic relationships and sex i.e. **I don't want**

any. The way Sher discusses the biological functions of attraction and desire totally resonates with me. The book has also helped me get over the endless screwups I've made in my life. *"Mistakes were what your first life was for . . . you have reached the age of great undertakings."*

Recommended

Renee M says

(Actually 3.5 stars.) Barbara Sher continues the conversation about finding the work (and life) which brings us joy; bringing it to the "second life" possible in our middle years. The tone is practical and the advice useful if the reader-of-a-certain-age is ready to move past the motivations of his/her earlier life stages to embrace the possibilities in rethinking goals and potentials for creating something rewarding and new.

I have not yet begun to employ the suggested activities, but having learned so much from reading/using Wishcraft nearly 30 years ago, I expect to achieve a similar focus and insight from this. Which is what I would expect for anyone who goes into Sher's books with a commitment to create a more rewarding future.

I'm just starting to think about what I want my life to look like in the next five years, and whether I'm ready to retire into a "second life" after nearly 30 years of teaching. I still love the teaching, but the pressures of the business give me less and less time to do that... Which is rather heart-breaking. So, before my heart actually breaks, it's time to figure out what my next steps should be in creating what I want next. I will probably revisit Wishcraft as I make my plans. It was a very powerful book.

Claudia Taller says

I read it's only too late if You Don't Start Now in preparation for the February retreat. Barbara Sher. There was a lot of great advice in the book that I was able to use at the retreat. Sher suggests that many of us reach middle life and realize all of a sudden that we're not immortal. "In other words, you start to live your life to suit who you really are." We might start paying attention to what time we have love, because it's life we love, not people, not necessarily. We grow up, as Bob Dylan sang, "But I was so much older then, I'm younger than that now." In middle age "you stop being driven by instinct and wake up to a different level of consciousness—complex, subtle, and intense, loaded with revelation and insight." I want to know why people don't tell us about this.

Apryl Anderson says

If you've read one Barbara Sher, you've read 'em all...but that's not true. Her message of living life to the fullest extent is the touchstone in every one of her books, although the presentation changes to suit her intended reader. With that in mind, I really expected that this one would speak to me, the demicenturian. Her Freudian arguments about our ages and stages are theoretically relevant, but there's an angry delivery that tastes of bitterness. Okay, I assume she's doing this to draw out those who've been flummoxed by cultural assimilation. Fine, but that's why I almost tossed out the aging baby with the bathwater. It all feels like so much of an overly enthusiastic sideline coach.

The ultimate take-away for me in this one was in Chapter 10: The Courage to Live Your Life and Chapter 11: Turning Dreams into Goals. Not that this is original material, but that the Freudian drivel has an excellent application, after all. Even as I've spent the last 40 years undoing all the lies I've believed about me, I'm distracted by all the lies the world keeps living. Oops, there I go again, mistaking the mirror for a window. Doing Sher's exercises has given me new insight and fine-tuned my focus, although it's done nothing for my networking. That's up to me. Anybody fancy some art therapy-coaching-life enhancement workshops in Provence?

Irene says

Saw Barbara Sher on a PBS fundraising promo - it was a filming of her speaking engagement promoting this book. I was glued to the TV and by the end of the program I felt motivated to take a look at my life/dreams/goals and realizing that the only thing stopping me from pursuing my goals was ME. And the only reason someone else intimidated me and inhibited me was because I'd ALLOWED it. The had come for me to take ownership of myself. A very liberating - at times scary - process. Everyone's "second life" is different and sometimes doesn't include career or lifestyle, per se. Dreams and goals don't have to be accomplishments or accolades. They can be as simple as feeling happy (which, for some is not so simple). It can be taking a trip - or extensive trips. It can be learning to play a musical instrument or foreign language, or giving back to the community through volunteering or working with troubled teens or the elderly. It can be anything we feel passionate about, be it a hobby or career path, or a personal challenge that we set for ourselves (climbing Mt. Everest or running a marathon). For me, it's writing. One cannot be a writer unless one writes. I can't get published if I don't start pursuing that path. Meanwhile I must write for fun, as a hobby. Keep a journal, write poetry, essays, letters to friends...Anything. Everything. Before it's too late...

Stefanie Dettmers says

"Größe ist kein Ziel, das man erreichen kann; sie ist lediglich eine Begleiterscheinung wahren Glücksempfindens."

Der einflussreichste Ratgeber meines Lebens. Barbara Sher hat es geschafft, dass ich mir wieder glaube, so jung zu sein wie ich mich fühle. Die Tür zu seinen ganz persönlichen Begabung ist immer offen, wenn man den Mut hat, hindurchzugehen, und damit aufhört, die Meinungen anderer lauter als die eigene Stimme zu hören. Diese Kur hat gewirkt!

Barry Davis says

Subtitled "How to Create Your Second Life After 40," an extraordinary book on embracing what many call the midlife crisis as a call to excellence. Written in a disarming style with pertinent questions inserted directly into the text, the author challenges beliefs on aging, death, love, power, etc. Exercises at the end of each chapter are intended to inspire and unsettle the reader. Sher says your first life belongs to nature, the second life (after 40, give or take some years) should belong to you. Encourages "barbarian awe" and "innocent wisdom." End of the book has some exercises around grieving lost youth, etc, that may be a little

over the edge, but still an extremely helpful book. This is a must read for virtually anyone who feels that their life and dreams have passed them by.

R. C. says

Most surprising fact from this book: we have midlife crises when we reach the age our parents were when we first became aware of our parents' age. By that definition, I should have hit one at age 28. There definitely was some turbulence that year, but I think this book's message of "reframe - it's actually great to be [thing you are afraid of]" was already pretty solidly in my coping skills basket. The practical advice assumes a 1950s middle class existence, too. I'm part of a generation that watched their parent's retirement benefits stolen. We need a totally different book about living on purpose while old.

Timofey Peters says

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Kate Arms says

Like most of Barbara Sher's books, the theoretical portion is better than the how to take action portion of this book. But the theory is well worth reading.

Sher argues, effectively and with hard hitting directness, that the best things about midlife is that aging takes you out of the mating game and experience has taught you that romantic love is a fantasy of disastrous proportions, so you have an opportunity to create an authentic life based on who you are inside as opposed to based on what you look like and your biological drive to have children.

One of my favourite arguments for embracing age as early as possible.
