

world, as he knew it, was gone. Not knowing how nor having tools to navigate his life, Howard turned to isolation, hard work, and alcohol to make the journey as best as he could. In the years to follow, Howard learned new skills and techniques to reinvent satisfaction and gratitude for all that is available. Here is a blueprint that will show you the process to reinvent your life, get past old ways of doing things, and find once again your essential self as the guiding source in your life. In the new world order, what boomers expected, thinking, feeling, and physical actions must be aligned with your essential self.

A comprehensive and intimate guide to finding, keeping, and enjoying love after fifty, the best kind of love there is. Studies keep showing that love after fifty is more satisfying than at any other stage in life, and it makes sense: at this stage, you are more engaged, more focused on the present; you know what you absolutely have to have, but also what you can live without; partnering is no longer about building family and fortune—it's about sharing intimacy as grounded individuals. And sex isn't pass/fail anymore, but about erotic friends. So if this is the promised land, how do you get there? In Love After 50, journalist Francine Russo interviewed the best experts in the field and dozens of couples to help show the way. Her practical advice includes: -How to recover from the emotional aftermath of divorce, the grief of widowhood, or a history of unfulfilling relationships -How to build realistic requirements for a partner -What attitudes to bring to dating -How to overcome the physical challenges of sex and embrace your erotic selves -How to evaluate the emotional and practical results of marrying, living together, or living apart -How to deal with (hostile) adult kids to safeguard your relationship and family Love After 50 is not only practical, it is unassuming and candid. It is full of stories of real people (including the author) and examples of couples who have overcome their pasts to form healthy and nurturing partnerships. In other words, it's as real as love after fifty can be.

[Stay Smart, Strong, and Active](#)

[Mastering the Adventure of International Dating](#)

[A True Story of Learning to Say No in Order to Say Yes to Big Love](#)

[The Reinvention Equation](#)

[The Joys and Pains of Single Black Women](#)

[Get Unstuck...a Guide for Those Over 50](#)

[The Insider's Guide to Finding Love Again](#)

[Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent](#)

[Boomer's Guide to Divorce \(and a New Life\)](#)

[All Grown Up and \(Re\)learning to Live Together Happily](#)

[Boomers](#)

[Dating For Dummies](#)

[Date with Dignity](#)

When it comes to finding love, are you standing in your own way? Daring to Love will help you identify the internal barriers that cause you to sabotage your love life, open yourself up to vulnerability, and build the intimate, lasting relationship you truly desire.

After a breakup, most of us spend a lot of time thinking long and hard about what the other person did to cause it, rather than reflecting on ourselves. It seems self-evident that we want our romantic relationships to work, and that love and long-term commitment are our ultimate goals. But what if our desire for love is actually not as straightforward as our emotions make us believe? What if, instead of pursuing love, we are unconsciously pushing it away? In Daring to Love, Tamsen and Robert W. Firestone offer techniques based in Robert Firestone's groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help you understand how you are getting in your own way on the quest for true love. Love, the Firestones argue, makes us vulnerable and triggers old defenses we formed in childhood, causing us to sabotage our relationships in myriad subtle—and not-so-subtle—ways. Using the voice therapy strategies in this book, you will be able to identify your own defensive patterns and uncover the destructive messages your critical inner voice is telling you about yourself, your partners, and your relationships. If you're struggling to cultivate lasting relationships, this book can help you embark on your next romantic journey with more openness and self-knowledge.

Teaches parents of young boys what they need to know from birth to college, including advice and information on school, discipline, puberty, bullies, girls, and other essential topics.

As a psychotherapist who focuses on working with the issues that challenge midlife and older men, Robert Schwalbe feels that the 60s and beyond can be the most rewarding or the most miserable period in a man's life. An aging male baby boomer looking at 60 encounters very specific psychological and physical changes. The impact of these changes can be felt in relationship to others and in how a man sees himself in his world. Does he continue to fit in? In particular, how a man adapts to being in his 60s is an indicator of how he feels about living the rest of his life. Dr. Schwalbe knows from personal experience, as well as from his patients, the challenges produced by anxiety and depression in dealing with aging in a youth-oriented society. He looks at competition in the gym, sports field, financial and business arena, the political world to the social and sexual world and urges men to adapt to the outside forces. The key is in the expectations and how to recognize and plan for them. Candid and straightforward talk with vignettes drawn from Dr. Schwalbe's practice illustrate problems and solutions related to marriage, relationships, career, retirement (don't, he urges), divorce, death of a partner, fitness, nutrition, sexual behavior, dealing with adult children, lifestyle changes, financial planning, ageism, and many other topics. Schwalbe presents a heart-felt and therapeutically tested guide to keeping things in perspective in order to maintain self confidence and self esteem. Most importantly, this book is directed to the aging male baby boomer (and to those who love him, know him, or live with him). It tells him that he is not alone and that the intimate thoughts that he has about his aging body and mind are shared by millions of men who are in their 60s and are dealing with their new age.

You've seen ads for online dating on television, in newspapers, and (naturally) on computer popups. The models are cute, handsome, young, or at least looking good for their age. But what REALLY happens when a computer semi-illiterate 60ish widow is prodded into this very 21st century form of dating--when the last time she dated was when Neil Armstrong and Buzz Aldrin became the first men to walk on the moon? Getting back into dating makes her feel young. Actual dating makes her realize she is NOT sixteen anymore. What started out as entries on her Facebook page have expanded into detailed accounts of dating foibles and feats. Anyone who has embraced the concept of online dating, no matter at what age, will find her adventures laugh-out-loud funny and charming.

In our challenging economy, family members are joining forces in record numbers—recent college grads (80% in 2009) return home, parents move in with their adult children, and adult children (and grandchildren) return to live with parents. Under One Roof Again (Lyons Press) squarely addresses the inevitable issues—from money matters to dating, from finding physical space to protecting emotional space—offering solid advice for avoiding pitfalls and building stronger family ties.

Are you over 50 and realizing that with modern medicine you could be working for another 25-30 years? Are you, like so many fellow Baby Boomers, held back by beliefs and decisions that are no longer true? Are you "stuck" accepting false limitations about who you are and what you can be? Do you need more confidence to step into the unknown? In Get Unstuck, Andrew Pais shares the lessons he has learned and the solutions he has developed to help you understand the possibilities to reach for new opportunities. He helps you loosen your grip on problems and behaviors--in your personal life and your career--that are keeping you from achieving the success and happiness you deserve. Whether you are facing a career change or dealing with long-time unemployment, you, too, can Get Unstuck.

[Dating After 50 For Dummies](#)

[We're Not Sixteen Anymore](#)

[A Dating Guide for Baby Boomers](#)

[Boomer's Guide to Getting the Weight Off for Good](#)

[Living Young for the Rest of Your Life](#)

[A Man's Guide to Healthy Aging](#)

[The Complete Idiot's Guide to Raising Boys](#)

[Boomer's Guide to Sex that \(still\) Sizzles](#)

[Live, Prosper, and Thrive in Your Retirement](#)

[An Introduction to Immortality Medicine](#)

[Boomer's Guide to Dating \(Again\)](#)

[How to Find It, Enjoy It, and Keep It](#)