



# Meaning and Purpose in the Second Half of Life: A Guide to Finding What to Do with the Rest of Your Life

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## **Meaning and Purpose in the Second Half of Life: A Guide to Finding What to Do with the Rest of Your Life** Next Avenue

What will you do with the rest of your life? People often find themselves at a crossroads in their 50s and 60s. Their professional path may no longer be as rewarding or as full of options as it once was, they may be facing an empty nest, or their significant relationships may be shifting ground. For many, the only thing that's clear is the question "Now what?" With the possibility of 30 or more years of life ahead, those in midlife often find themselves yearning to abandon or overhaul past approaches and set fresh, positive ones in motion. This stage of life is actually the perfect time to reinvent — or reawaken — the most authentic and meaningful parts of ourselves. Relieved of many of our previous commitments, we are free to probe the measure of our own experience and wisdom and pursue things that can make our hearts and souls sing. This book from PBS and Next Avenue presents smart advice and insights for discovering fresh perspective and meaning, delving into invigorating pursuits, and sparking a renewed sense of purpose.

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