



# Life Reimagined: The Science, Art, and Opportunity of Midlife

*Barbara Bradley Hagerty*

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# Life Reimagined: The Science, Art, and Opportunity of Midlife

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**Life Reimagined: The Science, Art, and Opportunity of Midlife** Barbara Bradley Hagerty

**A dynamic and inspiring exploration of the new science that is redrawing the future for people in their forties, fifties, and sixties for the better—and for good.**

There's no such thing as an inevitable midlife crisis, Barbara Bradley Hagerty writes in this provocative, hopeful book. It's a myth, an illusion. New scientific research explodes the fable that midlife is a time when things start to go downhill for everybody. In fact, midlife can be a great new adventure, when you can embrace fresh possibilities, purposes, and pleasures. In *Life Reimagined*, Hagerty explains that midlife is about renewal: It's the time to renegotiate your purpose, refocus your relationships, and transform the way you think about the world and yourself. Drawing from emerging information in neurology, psychology, biology, genetics, and sociology—as well as her own story of midlife transformation—Hagerty redraws the map for people in midlife and plots a new course forward in understanding our health, our relationships, even our futures.

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