



# **Fortytude: Making the Next Decades the Best Years of Your Life -- through the 40s, 50s, and Beyond**

*Sarah Brokaw*

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## **Fortytude: Making the Next Decades the Best Years of Your Life -- through the 40s, 50s, and Beyond** Sarah Brokaw

In her practice as a licensed therapist and through discussion groups all across the country, Sarah Brokaw has discovered that the women who navigate midlife most smoothly--who go on to prosper and to enjoy the best years of their lives--are those who foster five Core Values in themselves. In *Fortytude*, she shows how any woman can nourish these qualities in herself, and evolve and thrive.

The five Core Values are:

**Grace** - when a woman lives with integrity, capitalizing on her own strengths while admiring the strengths of others

**Connectedness** - experiencing satisfaction in connections with others

**Accomplishment** - the sense of realizing goals and getting things done--which is necessary in today's world, when women are expected to cram 48 hours of living into every 24-hour day

**Adventure** - a willingness to seek challenges outside the normal comfort zone

**Spirituality** - a personal approach to religion, and an understanding that life has a meaning beyond the day-to-day details

In Brokaw's reassuring voice and through the stories of incredible women from all walks of life, readers can learn how they, too, can embrace and fully enjoy their forties, fifties, and beyond.

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