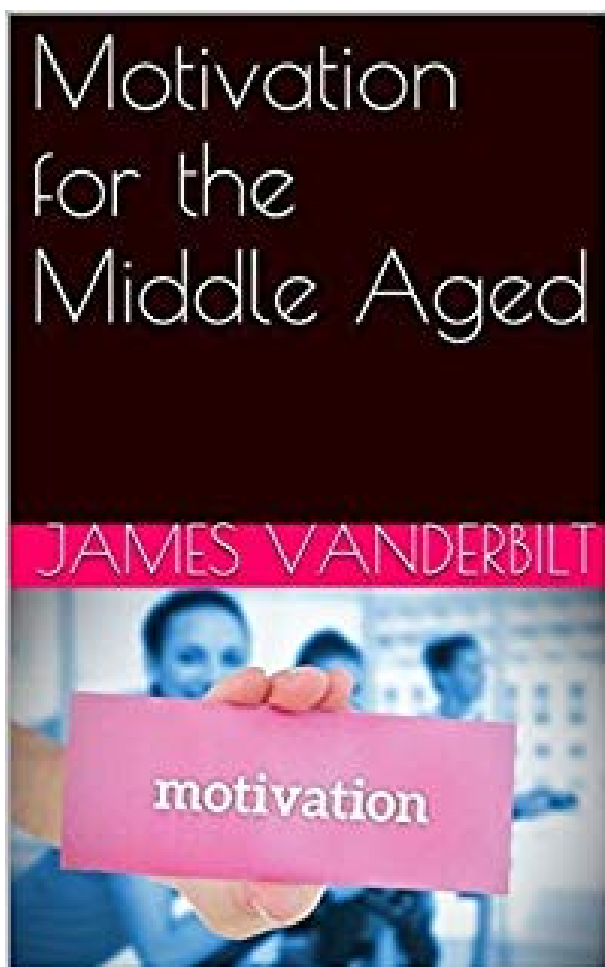


Motivation for the Middle Aged



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Author:	James Vanderbilt
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Do you ever find yourself wanting to do something but have a voice in your head tell you that "you're too old." Or maybe you have been "age-shamed" when someone discovers that you are doing something that they think should be the exclusive endeavor of young people. If you are struggling to find motivation and losing your zest for life than this book is for you. Inside you will find an eight step guide to regaining the lost fire of youth. Self help coach and businessman James Vanderbilt offers you a no-nonsense, no fluff look at how our culture expects us to behave as we age and how to overcome those social mores that have been placed upon us. tags: getting motivated, staying motivated, get motivated, stop procrastinating, what motivates us, what drives us, why motivating people doesn't work, how to stop making excuses, how to stop self defeating behavior, how to stop being lazy, achieve your goals, how to get what you want, creating good habits, how to conquer fear, midlife crisis, self help guide, midlife woman, self coaching book