



# Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life

By Robi Ludwig

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## Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life By Robi Ludwig

Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us.

Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exciting careers;
- Becoming more spiritual and leading a life of gratitude; and more.

*Your Best Age Is Now* provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

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## Your Best Age Is Now: Embrace an Ageless Mindset, Reenergize Your Dreams, and Live a Soul-Satisfying Life By Robi Ludwig Bibliography

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### Editorial Review

From the Back Cover

Although we've been conditioned to think "middle-aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their forties, fifties, and even sixties are feeling younger and living more vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us.

Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and her experience as a therapist to show that midlife is not the beginning of your decline—it is actually a time to pursue your dreams. During midlife, you experience a second adolescence: a time to question authority, take risks, and reinvent yourself. In *Your Best Age Is Now*, Ludwig offers specific advice on how to change your perception of this life phase and make the best of it in every area of your life:

- **SELF-IMAGE:** Identify the false thinking, stereo-types, and misconceptions that are holding you back.
- **RELATIONSHIPS:** Take charge of your love life—whether married, partnered, or reentering the dating world.
- **WORK:** Stay relevant in the workplace or start a new, exciting career.
- **HEALTH AND WELLNESS:** Let go of stress, cultivate resilience, and create a more balanced life.
- **SPIRITUALITY:** Find meaning and purpose while leading a life of gratitude.

*Your Best Age Is Now* provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.

Live Agelessly

"A must-read for any woman who fears her prime is in her past. Ludwig's practical and perspective-changing advice will help you embrace midlife's unique opportunities and navigate challenges with ease, so you can live your fullest life yet."—Holly Phillips, M.D., general internist, author of *The Exhaustion Breakthrough*, and CBS News medical contributor

"Every woman needs to read this book. Robi Ludwig will convince you that a youthful mindset, plus new adventures and opportunities and even new or deeper love, are all highly possible, no matter what the number on your birth certificate is."—Bonnie Fuller, president and editor-in-chief of HollywoodLife.com

"Robi Ludwig shows us how to feel ageless, beautiful, and relevant. A superb book that will shift and transform your beliefs about midlife and aging." —Laura Geller, founder of Laura Geller Beauty and board member of the Cosmetic Executive Women Foundation

"In this revolutionary and riveting book, Robi Ludwig brilliantly helps women break through the disabling myths we've been fed about midlife. She redefines it, using science and inspiring stories from her practice, empowering us to enjoy this truly fantastic time of life."—Lisa Bloom, civil rights attorney, legal analyst for

NBC News and Avvo.com, and *New York Times* bestselling author of *Think*

“Robi Ludwig nails it! She makes it clear that midlife is the time for wise, effective women to advance the whole damn species! Robi makes us roar!”—Dr. Wendy Walsh, Emmy-nominated former cohost of *The Doctors* and CNN commentator

About the Author

**Robi Ludwig, PsyD**, is a nationally known psychotherapist, award-winning reporter, and author. Dr. Ludwig is a regular guest on CNN, Fox News, and *Headline News*, discussing psychological and lifestyle issues as well as the criminal mind. She has appeared on *Today*, *Entertainment Tonight*, *20/20*, *World News Tonight*, *Nightline*, *The View*, and is on the medical board and a contributor for *BELLA* magazine. She also writes for the *Huffington Post*. Dr. Ludwig lives in New York.

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**From reader reviews:**

**Shane Webb:**

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**Donna Antonucci:**

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**Dennis Winters:**

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