

Live the Life you Love at 50+

A handbook for career
and life success



Keren Smedley

30 April 2013

Paperback

£11.99

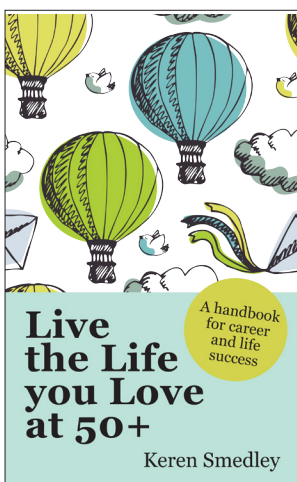
published by McGraw-Hill

Age no longer defines what you can or can't do - don't fear it, embrace it.

It is possible for someone who has entered the second half of their life to start a new career, get remarried, have a young family, run a marathon, travel the world, take up a new high-risk sport or start a new business.

This uplifting book gives the reader simple tools to develop the confidence and resilience to deal with whatever the future brings. Beautifully written, it shatters myths about getting older and helps readers to feel confident and valued, and encouraged to take on new challenges and continue to enjoy life's opportunities.

Keren Smedley shares the secrets of her successful practice as a professional coach and relationship expert, helping readers to get in touch with their inner resources and develop a positive outlook on life. This inspirational book will help 50+ people uncover what stands in their way of embracing change, whether in their career or personal life.



Keren Smedley is an experienced life and business coach who has established herself as one of the UK's most sought after commentators on relationship issues: whether personal or within the workplace. She is the *Woman's Weekly* Agony aunt and *BBC Berkshire* relationship expert. Keren writes regularly for the *Daily Mail* and contributes to *The Sun*, *Good Housekeeping* and *Woman and Home*.



Contact

For more information, or to arrange extract or interview please contact:

Louise Rhind-Tutt | louise@lrtpublicity.co.uk | 07788 917680