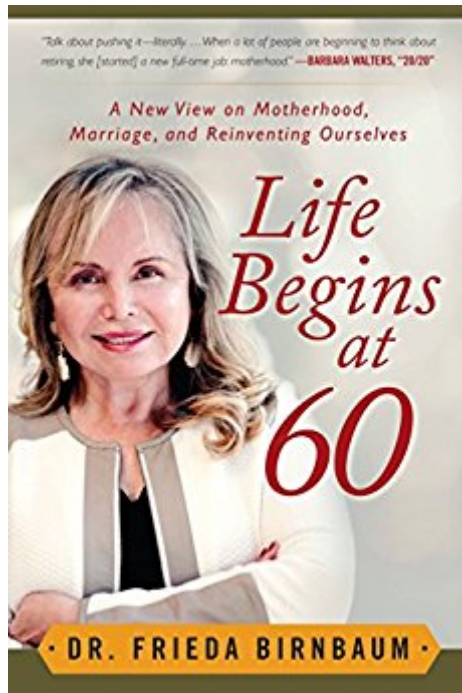


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# Life Begins At 60: A New View On Motherhood, Marriage, And Reinventing Ourselves



## Synopsis

Dr. Frieda Birnbaum made headlines eight years ago when she gave birth to twin boys at the age of sixty. And despite being a psychotherapist who had counseled other mothers for decades, Birnbaum secretly wondered: What have I gotten myself into? Can I keep up? It turned out she could, and then some. Like so many people who take on new things at age sixty and older, Birnbaum discovered a new lease on life. She felt more energized than ever (on most days, anyway) to run after twins Josh and Jaret. She parlayed the fame into TV and radio appearances, commenting on subjects from Bill Cosby to Hillary Clinton. Her psychotherapy practice flourished. And as she reinvigorated her career, her relationships with her family, including her husband of more than forty years, grew even stronger. To be incredible mothers (and partners), Birnbaum believes women must be fulfilled and challenged as people first. The secret, she discovered, was to welcome growing older rather than fear it. This captivating and inspiring memoir is complemented with practical advice for a positive outlook and staying active while aging. As Birnbaum reveals, it's possible, even easy, to look and feel fabulous—and glamorous—in our sixties and well beyond.

## Book Information

File Size: 7492 KB

Print Length: 228 pages

Publisher: Skyhorse Publishing (May 31, 2016)

Publication Date: May 31, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01ERNQ3OM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #38,230 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging #99 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Happiness #110 inÂ Books > Health, Fitness & Dieting > Aging

## Customer Reviews

If you feel a secret flutter of dread as your birthday looms, this memoir is the antidote. Frieda Birnbaum made history by having twins at 60; they're now 9, and since their high-profile birth she's had to confront all kinds of questions about what it means to advance in age. This book's message: getting older is nothing to be scared of. Rather, armed with experience, you can deepen your relationships and accomplish more and more as years pass. Recommended.

What an amazing story. I didn't even know this was possible. This woman is a real inspiration. I'm giving a copy to my mom who is in her early 70s and to my daughter in her 20s. The positive message applies to women or all ages.

I often skip around when reading non-fiction, but I was able to read this one straight through (almost). I have been struggling with the "Is this it?" issue for a long time and this book gives me hope for the future. It did not, however, enlighten me about how to discover what will make me more fulfilled.

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