



# The Big Shift: Navigating the New Stage Beyond Midlife

*Marc Freedman*

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## **The Big Shift: Navigating the New Stage Beyond Midlife** Marc Freedman

Marc Freedman, hailed by the *New York Times* as “the voice of aging baby boomers [seeking] meaningful and sustaining work later in life,” offers a recipe for how we can transform America’s coming midlife crisis into a midlife opportunity. Millions of people in their fifties, sixties, and seventies are searching for answers to the question “What’s next?” and are navigating their way to an entirely new stage of life and work, one that could last as long as midlife. Shifting to a much longer lifespan isn’t as easy as it may seem. Unlike the transition from adolescence to adulthood, managing this process for many is a do-it-yourself project. Drawing on powerful personal stories, *The Big Shift* provides not only direction but a vision of what it would take to help millions find their footing in a new map of life.



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