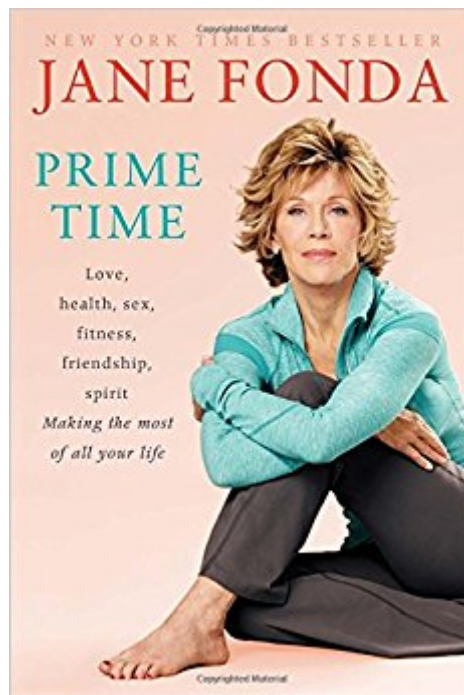




The book was found

Prime Time: Love, Health, Sex, Fitness, Friendship, Spirit; Making The Most Of All Of Your Life



Synopsis

NEW YORK TIMES BESTSELLER • An A-to-Z guide to living and aging well by #1 bestselling author, actress, and workout pioneer Jane Fonda • In this unique, candid, and inspiring book, Jane Fonda explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. Highlighting new research and sharing stories from her own life and from the lives of others, she outlines the 11 key ingredients to vitality—from exercise and diet, to forging new pathways in the brain, to loving, staying connected, and giving of oneself. She explains how performing a life review helped her clarify goals and move ahead, and shows how we can do this too. In *Prime Time*, Jane Fonda offers an empowering vision for how to live your best life, for all of your life.

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Customer Reviews

A Letter from Jane Fonda In my memoir, *My Life So Far*, I defined my life in three acts: Act I, from birth to 29 years; Act II, from 30 to 59 years; and Act III, from 60 until the end. It really seemed to resonate with people, and a few years after the book came out, my editor at Random House, Kate Medina, came to me and suggested I write a book focusing more on the Third Act. I was interested in doing this because I was already well into my Third Act and relished the challenge to dig deeper, to understand its meaning, to learn how to make the most of it, and to navigate the inevitable challenges of aging--what is negotiable and what isn't. Third Acts are important. They can make sense out of what may seem like discordant, confusing First Acts. Third Acts can, if we think about it, allow us to discover who we really are. Entered with intention, Third Acts can help us become

midwives to ourselves before we die. I knew that this exploration is especially important now, because in the last century, the average life expectancy has expanded by 35 years! Think about it: At the time of our founding fathers, the average person died at around 35 years of age. Now we can expect to live, on average, 80 years! An entire second adult lifetime! This amazing gift of time means that Third Acts have gained a whole new significance. Yet we are pioneers within this new reality. We need a road map to show us how to navigate the new terrain. I wanted to create this roadmap--for myself, as well as for my readers. We who are approaching our Third Acts (or are already in the midst of them, as I am), can show the way for those coming up--our children, grandchildren, nieces, and nephews. We are still living with the old paradigm of aging, which can best be described as an arch: We are born, we peak at midlife, and then decline--age as pathology. While researching my book, I discovered another paradigm, one that is far more appropriate given the longevity revolution. It is the image of a staircase, an upward ascension until the end--age as potential--for wisdom, authenticity, and wholeness. This metaphor for aging is one that I myself am experiencing, and I wanted to understand why this is so and write about it. Yes, my body is experiencing the effects of age, but after coming through a very difficult, painful midlife, I find that I am happier, more peaceful, and more content than I have ever been. My relationships are deeper and less anxious. I find this is true, by the way, for most of my older friends. This was not at all what I had expected at this stage of life! Yes, we forget things, but we also remember a lot and with more vividness now because we know why we want to remember them. Yes, we lose eyesight, but we gain insight. We learn what we need and what to let go of. We tend to make lemons into lemonade instead of mountains out of molehills. Scientists call this the Positivity Factor and their research shows it to be the case for most women and men over 50, regardless of their circumstances, even in the face of physical challenges. How, I wanted to know, can we ensure this is true for us? I sat myself down and made a list of all the things I wanted to know about aging, from sex to exercise; from nutrition to wisdom. A to Z. I talked to scientists, doctors, priests. To centenarians. To men and women in long-term marriages, and those who were looking for love or needing a way out of loneliness. I write about my own experiences and much more. I realized that to better navigate our Third Act, we benefit by reviewing the first two acts. I call this doing a Life Review, and it can profoundly alter our understanding of ourselves, our past, and what we need to do to complete ourselves as we ascend the staircase to the end. This is why Prime Time includes a discussion of Acts I and II and the developmental issues that lie within each of them, as well as questions you can ask yourself about how you were at those times. Understanding these things can help you swing into your Third Act as prepared as possible to make it your Prime Time. --This text refers to the

Audio CD edition.

â œReassuring . . . upbeat . . . Prime Time is part autobiographical confessional, part life advice, the two intertwined, so that reading the book is often like talking to a friend.â •â "Los Angeles Times Â â œA how-to book about being happy and self-aware [that] cites research and interviews with upbeat, lively, sexually active older people to extract some all-purpose lessons about endurance.â •â "The New York Times Â â œWarm, informative, and incredibly life affirming.â •â "Womanâ™s Dayâ œRead this, age gracefully.â •â "InStyle

Jane Fonda is one of my favorite people. I have read all her books. This book is very good for women who are over 50. It has lot's of valuable information that she gets from reliable sources and expresses it in an interesting way. It's helpful and a good read.

Superb. Relevant, from sexuality to finances. A must for menopausal women and people in general over 50. Uplifting, encouraging, educational, well documented. It is just what I needed and changed the direction of my life. Some of the tapes skipped though.

I recommend this book to any woman who is trying to figure it all out. It is a thought provoking autobiography of the early and middle years (prime time, as she calls it) of a fascinating individual. She is very candid and open about her trials and errors in life, as well as her successes. It helped me to understand myself better, having lived through the 60's and the lifestyle that was related to and much of the time she writes about...It makes you think and confront your own demons and find ways to move forward with love for yourself.

A very thoroughly researched book. A good resource/guidebook. She covers many topics.

This book was so wonderful! As a 62 year old woman sometimes you feel like giving up because you think the best has passed but Jane Fonda put so many questions to rest~I am now actually looking forward to the best time of my life!!!! Do yourself a favor and read or listen to this book because it will change your life for the better!!!!

Talk about someone living a complete life. I'm reading Robert Redford's Bio right now and the one thing that they both have in common is that they both have tried to squeeze every bit of life out of

their existence. I have nothing but admiration for Jane Fonda and all that she has endeavored to do in her life. She's not afraid to show her vulnerabilities either. Anyone who has ever had a negative impression of her, will certainly find a lot to absorb in this book. There were good reasons for everything that she did and she's not afraid to talk about her mistakes. She's the perfect example of someone who wasn't afraid to run at life, while trying to live up to her ideals, knowing that there would be consequences and willing to deal with them. Besides all of the personal things you learn about her, she has gathered an incredible array of the top doctors in their chosen fields to talk about everything from nutrition to sex. As a person who just turned 70, I found it very encouraging and uplifting.

Hard cover had been given to me and I expected to be disappointed and see a book filled with beauty tips. Surprised me with so much useful information about exactly what it says "vision for successful aging. A-Z." Reluctantly accepted a copy of this as a hand-me-down and expected to see a book full of beauty tips. Surprised me. It's just as the blurb says "a vision for successful aging. A-Z." It's so good that I bought a copy for my friend. Most importantly it contains some simple exercises to keep your body moving. Not everyone is able to participate in pilates or yoga. I suggest hard cover.

I am getting a Masters degree in Gerontology and this hits all of the points just perfectly! I highly recommend!

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