



Finding Your J Spot: Joy in Midlife and Beyond

Peter Brill, MD and David Debin

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Asks the question, "What will you do with the unprecedented 30 year life bonus science and medicine have given you?" Discusses the extraordinary opportunities that aging well offers. Introduces the concepts of unfinished business and rising energy. Deals with ghosts of the past, fears of the future, and prisons of the present. Provides a 7 Step program for achieving passion, purpose, and joy in the Third Age: 1) Awareness of Spiritual Energy; 2) Calming the Mind; 3) Opening the Heart; 4) Daring to Dream; 5) Having Fun and Being Playful; 6) Finding True Purpose; and 7) Taking Creative Risk. Gives exercises to practice each step.

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