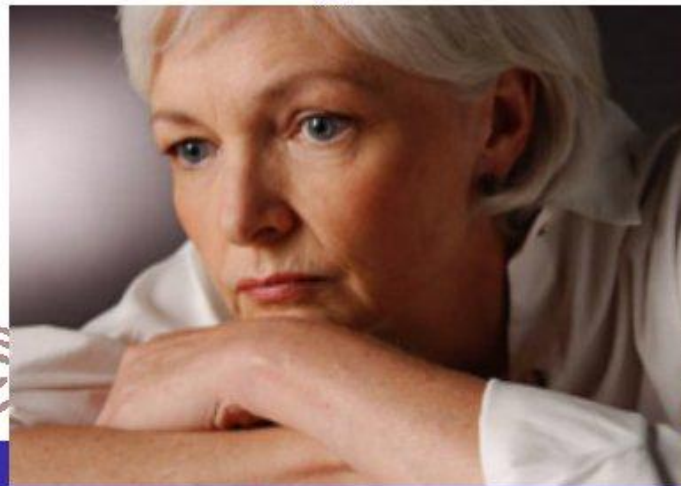


**This is a short excerpt from the full  
book**

**Fifty Is The Time To Get Up And Go Before  
Everything Else Does." - Pam Brown**

**Concerns Of  
Women General  
Over 50**



**Jean Shaw**

**"Forty Is The Age Of Youth. Fifty Is The Youth  
Of Old Age"- Victor Hugo**

## Introduction

***“Age is a question of mind over matter. If you don’t mind, it doesn’t matter.”***

**Dan Ingham**

About once a year I get together with a couple of old school friends. We have a chat about what’s going on in our lives, and about people we once knew.

Lately, it’s been more about who’s got divorced, re-married, died, our parents and our concerns for the future.

You know just a few years ago, people of 65 were considered old. Now you need to add on about 20 years.

The good news is that means unless you have an accident or some tragic illness, it’s most likely you’ll make it to at least 50 years of age, so you should start that period in life known as the golden years.

It should be a time to look forward to.

In an ideal world your kids will have grown up and flown the nest, you’ll have established your home, have a career you enjoy, and a great social life.

You’ll be fit, active and have enough money and time to do whatever you want, and your parents will still be independent and healthy.

There’s no more of that running around in circles with everyone competing for your personal time and attention.

Shame it’s not an ideal world, isn’t it?

## Baby Boomers

***“Grandad, what did you do before TV and computer games?”***

I was born in the years between 1946 and 1964 and am part of the biggest and supposedly richest generation of our time.

Technically, I'm a baby boomer and my peers have changed the world, not least because of their sheer demographic power.

Our parents were certainly energetic in the bedroom and more babies were born during those eighteen years after the end of the second World War than had ever been seen before... or since.

It was an age of prosperity and very few people faced unemployment. Our dads went out to work, and our mothers either stayed at home to raise the kids, or worked part time so they could be there when we came home from school.

It was a relatively safe period in history where everyone knew their neighbour, and socialising actually meant talking to people face to face. We went to social gatherings at the local church and village halls, and visited family.

Most homes had one television, and everyone watched the same program at the same time, sometimes until close down at midnight when ALL the channels went off.

As we grew up, we began to rebel a bit and demanded more freedom. Our influence was felt in academics, art, culture, industry, politics, and music.

No doubt you've heard of The Beatles? How about Motown, and Rock and Roll?

Yes, they all have their roots in the age when us baby boomers began to demand change.

Our generation of baby boomers had an impact on the world and it will never be the same again.

Some of us were activists, others more conservative, but no matter what stance we took during our earlier years, we're all getting older, hopefully wiser and are thinking about things, which likely never bothered us previously.

This book briefly touches on a few of those things keeping us awake at night.

## About The Fifty Plus

***“By the time you get to 50 people expect you to be mature, responsible, wise and dignified. This is the time to disillusion them.”***

**Peter Dugdale**

We baby boomers are getting older and it's worrying for those not in our age group, because we're all doing it together.

Better housing and healthcare mean we all have the potential to live longer, but can we afford to and more worrying for the other generations, can THEY afford for us to do so?

Have we got enough money, or maybe I should say, have we got enough money to continue to live in the style to which we've become accustomed?

Most people I know in their fifties and sixties hate the thought of retiring and it's not making us very popular amongst the younger generations who think we are selfish and indulgent.

With unemployment rising in most countries, the youth are wondering why we don't just roll over and give them a chance instead of clinging on to our jobs like limpets and moaning about all the things we'd rather be doing with our time.

Most things cost money though, and we can't rely on the governments to be able to support us fully when we retire. They need tax payers to provide the funds and there aren't as many new tax payers coming into the workplace as there will be baby boomers leaving.

Some countries are encouraging mass immigration to make up for the shortfall, but that policy sometimes presents different problems.

One thing is certain though, we need to accumulate and speculate whilst we can, because even if we retire at the suggested age of what now is between 65 – 70 years, we could still have another twenty years to survive.

Whereas once, the normal life expectancy after retirement was about five years, now it's four times that length and none of us want to face it in poverty and isolation.

We want what we've always had, and the best way to get it is to keep a firm eye on our health, our finances and our relationships.

Things we once never even considered now rob us of sleep and we constantly seek things to help improve our well-being, our health, and anything to ultimately lead us to a long, healthy and prosperous life. With time literally running out, it's time to think of the future.

***“Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.”***

**Izaak Walton**

## Appearance

***"The disadvantage of being old is not looking as nice as you did when you were young. It is like looking in a before and after picture, but the other way round."***

**Gino Miele**

That's so true, and doesn't it amaze you how modern mirrors distort your reflection?

I don't know one woman who hasn't at some point looked in the mirror and thought,

"What happened?"

Age happened!

It creeps up on you silently, and suddenly you discover the odd grey hair, and see your first wrinkle.

Pretty soon you don't have to even look for them, do you?

They're just there.

Look in the mirror and you don't recognize yourself.

***"Some people, no matter how old they get, never lose their beauty – they merely move it from their face into their hearts."***

**Martin Buxbaum**

Of course if wrinkles really bother you, there are plenty of creams and potions on the market to help delay the signs of aging, and if you have the money, you can even take more extreme measures.

Laser treatments, botox and face lifts have become very popular in recent years, but there are natural measures you can take to help maintain a young and fresh look for longer.

Apart from keeping your skin moisturised externally, and staying out of the sun, you can give it an internal boost by eating lots of fruits, drinking plenty of water and avoiding stress.

Aging is a natural process though, and there's nothing you can do to stop it. However, here are a few tips you may want to consider if you want to be a bit more proactive about your appearance.

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