



40 Things To Do When You Turn 40: 40 Experts on the Subject of Turning 40

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This inspiring, informative, and varied collection of 40 essays speaks directly to the reader who has or will soon turn forty. Readers will find essays that are practical, covering subjects like health care, fitness, finance, and business, as well as essays that are more reflective, whimsical, reassuring, or just plain laugh-out-loud funny. This book will answer that burning question that every forty year old confronts: Now what do I do? Here are forty ideas to get you started.

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