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Women's Studies

The 10 Smartest Decisions a Woman Can Make After 40
Tina B. Tessina
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> *When you relinquish your power to decide for yourself, your self-esteem suffers and you feel out of control and unimportant even in your own life.*

With sage advice, this ten-time author and licensed marriage and family therapist grants invaluable information for the modern midlife woman. The audio version of her new effort begins with calming music and offers a full concert of author information along with quotes from noted authors and experts. Tessina turns potentially negative thought processes into positive energy-packed steps for decisive action.

In the first step, “Decide to Decide” Tessina lists five basic aspects to a good decision: Self-Awareness, Research, Appropriateness, Support, and Self-Respect. Each step gives exhaustive concrete advice on the best path to take no matter the circumstances. Case studies are woven throughout the instruction, adding a sense of realism to the pedagogy.

Pertinent topics such as career, relationships, spirituality, emotional and physical health, financial education, menopause, ethics, retirement, and taking care of self are covered in easily ingested segments. The author also makes use of visualization strategies to help listeners touch their future goals.

Tessina utilizes a technique called the “wise woman” in a memorable and useful exercise. The student is introduced to an old woman who leads a full and interesting life with adequate income, is in good health, and feels loved by family and friends. Upon further investigation the student learns the identity of the wise woman. The author advises frequent conversations with this “inner counselor” to aid in making the wisest long-term decisions for the woman that the student will eventually become.

Tessina’s effort is a well-planned trip that takes into account all the variables that

accompany each stop along the super express highway that modern-day midlife women speed down. A perfect summation for Tessina's well thought out and clearly spoken midlife action plan is: "If you can think clearly despite changes, surprises, and unplanned circumstances and you know how to make good choices and decisions, you will succeed in all the ways you want to."

*Studying The 1*0 Smartest Decisions a Woman Can Make After 4*0* will fuel engines for the rest of the trip.