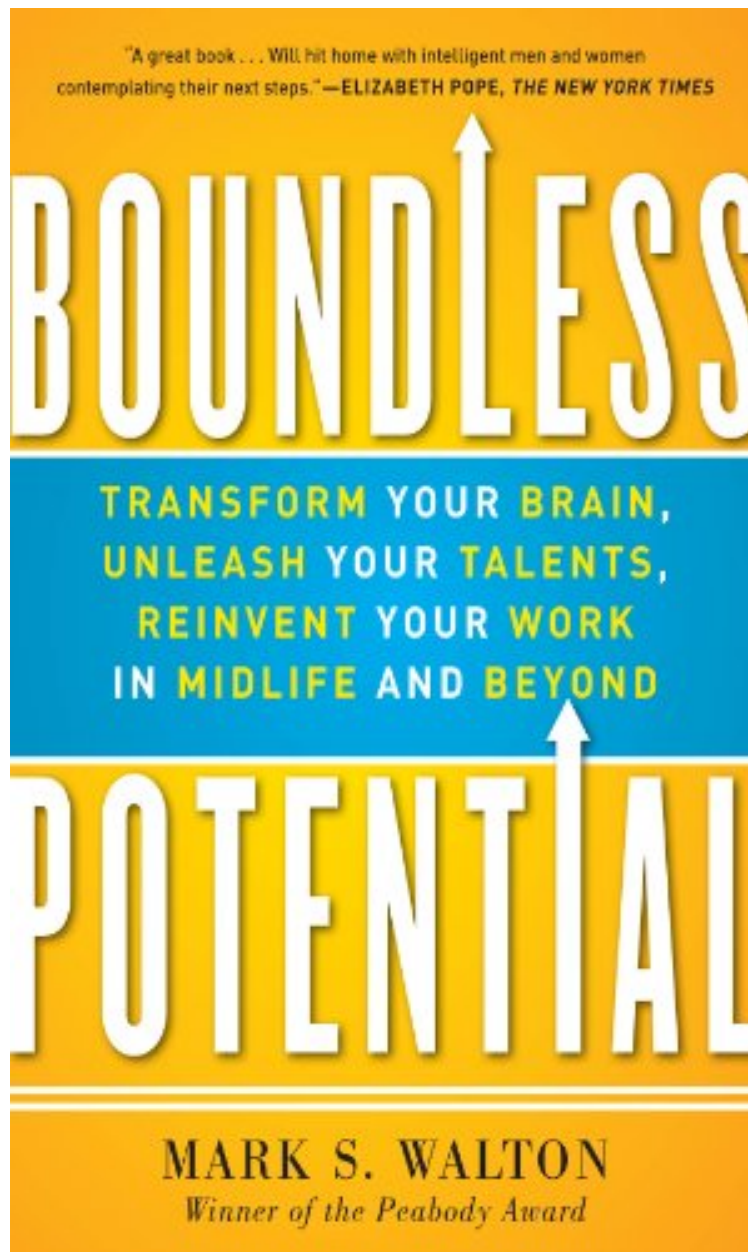


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Boundless Potential: Transform Your Brain, Unleash Your Talents, and Reinvent Your Work in Midlife and Beyond

Mark S. Walton

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Mark S. Walton : Boundless Potential: Transform Your Brain, Unleash Your Talents, and Reinvent Your Work in Midlife and Beyond before purchasing it in order to gauge whether or not it would be worth my time, and all

praised **Boundless Potential: Transform Your Brain, Unleash Your Talents, and Reinvent Your Work in Midlife and Beyond**:

0 of 0 people found the following review helpful. Great conceptually - not a "how do I do it"By CameronThe theme of this book is focused on "reinventing" one's career at some point after age 50.This is motivated by 2 trends:1.) People are living longer than generations ago when the retirement age of 65 was "set".2.) Most people in the corporate world can no longer work until even age 65, in that most companies work under the view that older workers are not as valuable relative to their compensation.As such, many people will find themselves in a position where the career they've focused on throughout their lives is no longer available to them and they hence need to "reinvent" their career.I found it hit home in that I have a number of people I know who are in their 50s or 60s that have a lot of experience, knowledge, wisdom, and a strong work ethic, yet can no longer find work in the field where they excelled.Walton gives many examples of anecdotal success stories to help the reader find examples to help them - positing that the best solution is to take control of one's one situation as an entrepreneur.The book is short and easy to read. It is a good introduction.I'm going 4 stars instead of 5 because of the high-level - and only highlights the big successes. Most people aren't going to hit is as a big success right off the bat, so the book is largely only helpful in concept to them. I think most people will need more guidance than is given in this book.25 of 26 people found the following review helpful. A Real Gem!By MVparentWhat a powerful book. I was prepared to be depressed reading about brain research relating to midlife (me) and beyond. I was delightfully surprised to find myself uplifted and inspired. Mark Walton's book is very accessible for all readers. I found the case studies fascinating and I learned an enormous amount from the research. Did you know that starting in middle age, we use both sides of the brain at the same time unlike earlier in life when we favor one over the other. I certainly didn't. I can't wait to put the practical lessons of "Boundless Potential" to good use in my life. This book is a real gem- I highly recommend it.3 of 3 people found the following review helpful. You're Getting Older...So What?By TRWSo what I say after reading this blueprint for the rest of your life beyond 50, 60, 70 or even 80 years of not old...just wanting more in really living an authentic life.So Mark Walton now gives you permission to finally listen to your "inner" artist, teacher, yoga instructor, chef, mentor, candlestick maker, big thinker, philosopher, radio talk show host or whatever your essence has now become which means it's not too late...In fact, the timing is perfect...for to get to this wonderful right or left hand turn at this point in your life...could only happen with all the miles you traveled before to get to here right now.As you will see in this wonderful book...surgeon becomes published storyteller, reviled DA becomes world renowned photographer and many more incredible reinventions with people just like you.There was a common thread in all of the journeys shared that were fulfilled later in life.No one believed they were done or even worse...the dreaded "r" word...retired.They were just getting started with the music for the rest of their lives...that only they could finally compose.Maybe a few years late...But who's counting!

What is the lifelong potential of the human mind?Do we have talents or brainpower we're unaware of?Can we make money and a difference doing something we love?Is there a science to it or just luck?Millions of us in our forties, fifties, and sixties are facing career, financial, and personal challenges beyond anything we anticipated--and now we're filled with fresh uncertainties. We've seen careers derailed and investments devastated by economic chaos. Some of us have grown restless or burned out in our businesses or professions. Others have unexpectedly "flunked retirement," finding the so-called golden years mind-numbingly boring.However we've come to it, the challenge is the same: What Now?Personally driven by this question, Peabody Award-winning journalist and Fortune 100 leadership consultant Mark S. Walton set out on his most fascinating assignment yet. Crisscrossing America to meet with remarkably reinventive people and researching the latest breakthroughs in brain science, psychology, creativity, and happiness, he made three life-altering discoveries:State-of-the-art neuroscience has revealed that we are hardwired for reinvention through the emergence of extraordinary new brainpowers in life's second half.A growing number of men and women are learning to leverage this inborn potential. In midlife, they're raising the bar--inventing profitable new careers, businesses, and avenues for social impact that extend well into their seventies, eighties, and even nineties.Longevity experts are increasingly convinced that doing work that "pays it forward" to future generations pays us back in personal long-term health and happiness.In **Boundless Potential**, Walton weaves firsthand accounts, cutting-edge research, and practical lessons into an actionable blueprint for redesigning our lives and work. Entertaining, informative, and empowering, this groundbreaking book delivers overwhelming evidence that we were never meant to downgrade our ambitions or goals, but to continually reinvent them.