



Reinvent Your Life in the Second Act: A Guide for Women Who Dare to Achieve Their Dreams

Benita Adams

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Are you a woman struggling with transitioning into her Second Act? Are you unsure about what's next in your journey? If so, *Reinvent Your Life in the Second Act: A Guide for Women Who Dare to Achieve Their Dreams* will help you master this new life phase. Author Benita Adams has devised a R.E.S.E.T. plan that will put you on the path to becoming your authentic self through Reinvention, Education, Self-Discovery, Engagement, and Transformation.

Adams knows well the lessons she imparts. After she was fired from her traffic-reporting job for an ABC-TV affiliate, she knew it was time to get real about “doing” her Second Act right. In *Reinvent Your Life*, she shares her own life lessons as she helps you navigate this exciting time of change. Enjoy her words of encouragement, ponder her detailed R.E.S.E.T. lessons, and rise to the challenge of completing the activities she lays out in what she calls your R.E.S.E.T. Journal. *Reinvent Your Life* is a tool and a resource to help you successfully transition into your own Second Act.

Are you an empty-nester, starting over in a new relationship, going back to school after many years, changing jobs, or thinking about starting a business? Then you are a woman in transition. Adams shows you that if you want to have a more satisfying life, then the time to start is now.

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