



The Best of
MORE BEAUTIFUL

*Pearls of Midlife Wisdom & Inspiration
Overheard on the More Beautiful Podcast*

Ready for MORE in Midlife?

Yes, wrinkles and reading glasses are no fun. And getting older has its other challenges. But I believe that as long as we keep following our passions and growing as human beings, this life stage can be our most amazing yet. After all, we have so much MORE than we ever had. We have MORE experience, MORE perspective, MORE self-awareness and MORE clarity about the things that matter. The bottom line? Life can be MORE interesting and MORE fulfilling than it's ever been. It can be MORE BEAUTIFUL. Here, some of the amazing guests from the More Beautiful Podcast weigh in on what they've learned in midlife and what makes this stage so riveting. Enjoy!!

xo Maryann

“All the women I know are generally feeling that this is the best time of their life...They're finding they have more time [for themselves]. They're exploring and asking, 'What more can I be doing? What more is there for me? Where do I really want to devote my time, my energy? How do I want to show up at work? What work do I want to do? Where do I want to bring my talents to bear in the world?' There's a seeking of meaning that starts to happen in midlife...This life stage can be a very abundant time with a sense of possibility.” —*Cigdem Gencer, inspirational leadership coach, episode #23, “Land Your Dream Job At Any Age”*



“Outliving a parent [changes your life]. Losing my mother changed my life in that I don't think tomorrow's ever promised. I'm appreciative every time my father picks up the phone now and I can still talk to him. We often say things like, 'One day I'm gonna...' But I think this is our day, our Sunday. We have to be grateful for it, because we may not be there for the next one...Losing my mom hardened me, but it also made me more appreciative of things, and appreciative of where I am now. I'm 51 years old and that feels so young...I feel like I have a whole new lease on life, and although I know there are things I'm going to have to deal with, I want my next years to be fun and exciting.” —*Tamsen Fadal, broadcast journalist, episode #20, “Unlock Your Bold”*



“That statement ‘it’s too late’ is a statement that’s been pushed down our throats by other people. When you think about it, what does that really mean? It’s too late for what? That sentiment just squashes everything before you even begin. In reality, it’s not too late as long as you’re living and breathing... If you have goals you want to achieve, go for them now. Quit saying, ‘Oh, I’ll do it when this happens, or when that happens.’ Well, that waiting and wishing game gets you nowhere. You need to show up for yourself now. So just go ahead and do it.” —Kwavi, life coach, episode #12, “The Beauty of Messing Up in Midlife”

“No matter what, we’ve all been through some shit by midlife. And I’m realizing that what I wanted at 20 isn’t what I wanted at 47, or what I want now at 51. I don’t know where I’m going to be in two years or what I’m going to want. But I know what I have to do. I know who I am in my core. I know who I am as a friend, as a daughter, as a mother. But other than that, I don’t really know where I’m going. I’m still doing a lot of self-reinvention. I have many years ahead of me, I hope, where I can have a different kind of career than I’ve ever had. I want to be productive, I want to continue to be a doer and a thinker.” —Laura Friedman Williams, writer, episode #39, “Get Your Sexy Back After Divorce (or Other Midlife Upheaval)”

“Many of the women over 40 I work with are confident and optimistic... They know what they want and are just going for it. They’re tapping into what makes them feel passionate, or what they want to build or create or change in the world. They’re breaking through age barriers and doing incredible things. It’s important to know that we don’t have to put ourselves in a box and conform to what society tells us we should be [at any given age]. We can break through those barriers, do whatever we want and create whatever we want at any time in our lives. We are all limitless.” —Kelly Lynn Adams, executive life coach, episode #7, “How to Get Unstuck In Midlife”



“We are sexual beings from the time we are born until the day we pop off... We [don't] have an expiration date or a stamp on our forehead. Our bodies do change, things that stimulate us may be different and our interests might shift, or we might have to approach sex in a different way. But it's just about being flexible, creative, and focusing on having fun. We need to have a better understanding of what makes us interested in sex and make sure we're getting the pleasure, the connection, the satisfaction. We still have [decades] of sexual intimacy ahead of us. We are in the middle of it and get to be sexual badasses at any age!” —*Dr. Sonia Wright, episode #19, “Amazing Sex In Midlife and Beyond”*

“In this next part of my life, I would like to give less shits. And I think that's different than caring less. Caring is about being empathetic and open and helping others and connecting. But shits are not sweating the small stuff and not taking everything personally and not trying too hard in the areas that are not really feeding us. I would like to give less shits, for sure.” —*Janna King, writer and producer, co-founder of the Broad Life, episode #24, “Are We In Denial About Aging?”*



“I've done Ironman and races of all kinds, so I've been in that mode of hustle and training for performance. But it's such a powerful and liberating mode that I'm in right now, which is training for longevity and acceptance and spiritual ignition... Ask yourself, what is an audacious goal you'd like to reach? How would you like to be able to move your body at 90? Do you want to be able to climb a mountain? Do yoga? Run a marathon? Because it is possible to do all of it at 90. With that in mind, focus now on the activities—like yoga, more stretching, more low-impact activities to balance the high impact, more time in the sustainable, 4-6 (out of 10) range to build that lifelong aerobic engine—that will help you align yourself with these long-term goals.” —*Nicole Meline, iFit trainer, episode #13, “The Joy Is In the Swerves”*

“There are benefits to getting older. I sometimes think, if I just let my hair go gray, no one will card me, and there will no longer be that moment of angst at the grocery store check-out...At some point it will be nice to be left alone to do my own thing, to not care as much about all sorts of things and focus on what is important to me...I do have a lot more wisdom now. If only I could have been 50-year-old me navigating some of the harder times in my life, it would have been so much better. I do feel like I have this tool kit now that I never possessed before, that just comes with experience, and yes, passing into [new] age brackets.” —Cam Zarcone, *journalist, episode #3, “The Invisible Middle-Aged Woman”*



“If you’re gonna step it up at midlife, you’re going to make some mistakes. You might make some people angry. Things might go wrong. Shit’s gonna happen. So we have to face our fears. If you’re facing your fears, you definitely are going in the right direction...Those things that you’re scared of doing are the things that are going to bring you the joy, the sense of accomplishment and the other things you want in your life.” —Dr. Ellen Albertson, *psychologist and wellness coach, episode #11, “Is Midlife Depression the New Epidemic”*

“The midlife journey is an exciting time, and the future is as wide open for us now as when we were 18 or 19. To experience that sense of the unknown, [where everything] isn’t all laid out perfectly for you, can be exciting. Life is a great adventure that doesn’t have one big end goal. It really is about the process of living, so enjoy the ride. We should think of midlife that way—full of possibility—and embrace the unknown.” —Karyn Flynn, *founder of Holos, episode #27, “The Youth-Boosting Benefits of Uncertainty”*





“Midlife is filled with so much possibility. Think about the wisdom we have now, compared to the stupid mistakes we made in our 20s and 30s. I say that and some people go, ‘Yeah, we have the wisdom, but we no longer have the body.’ But who cares. So what if our bodies have experienced a little bit more gravity? The more active we stay, the [more vibrant we are going to feel]. It’s that simple. You don’t have to retire to your rocking chair. Ever. It’s a choice you get to make, every day, starting in midlife.” —*Judy Arazoza, fitness coach, episode #15, “Get In Your Best Shape At Any Age”*

“Menopause is not a sit-in-the-closet-and-now-your-life-is-over thing. Some people sail through it without problems, but [others] really have difficulties and there are great treatment options out there—anything from lifestyle and herbal remedies, to naturopathic therapies and acupuncture and menopausal hormone therapies. So, I encourage women to ask the questions they want to ask, and if someone is dismissive toward you, then source out some more options and do some more research.” —*Dr. Carolyn Mannon, OB-GYN, episode #25, “Hormone Replacement Therapy 101”*

“There’s now a blending of ages in the fashion world, as well as on social media. There’s no barrier to entry. My customers have ranged from 20-somethings to women in their 80s. Yoga has helped me to bridge that age gap. I have curated my own social media accounts to be mostly yoga feeds and some fashion and other inspirations, so it’s very individualized, based more on a woman’s interests than her age. We can do anything, wear anything, at any age and during any stage of life.” —*Sigrid Olsen, fashion designer, episode #22, “Sigrid Olsen Gets Back to Business”*





“As a female entrepreneur in this culture that tells us that [we should do everything on our own], it has been instrumental to my personal and business growth to find my people and lean into those relationships—whether it’s a networking group or a small group of friends in a text group. These are people who encourage, support...and celebrate me. In improv, we refer to that as an ensemble. We are all part of a number of ensembles that have their unique dynamics and can remind us, especially [in midlife], that we are part of something bigger than ourselves.” —Shannon Hughes, *applied-improv teacher, episode #30, “Improvise Your Way to Success”*

“Every year, every decade that passes, you get more perspective, and you change and you become more confident and secure in who you are. And you realize that life is short. I just want to have fun and I don’t want to waste my time on getting too hung up on things I can’t control. I want to embrace the things that I feel good about, the things that bring me joy and happiness.” —Ra’el Cohen, *Third Love co-founder and chief creative officer, episode #33, “Over-40 Ladies’ Guide to Lingerie”*

“In midlife it’s become increasingly important to have my community around me, to be [surrounded by] people whom I care about and who care about me. That is joyous to me...It sounds so cliché to say every day is a gift, but as we learned from the pandemic, things happen and we just don’t know how long we are going to be in the world. I just want to [stay healthy], keep enjoying my life, and keep feeling juicy.” —Vicki Larson, *journalist, episode #31, “Older, Wiser and Juicier”*

