



# Reboot to Reconquer: Navigating the Afternoon of Life

*Nalin Singh*

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# Reboot to Reconquer: Navigating the Afternoon of Life

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## **Reboot to Reconquer: Navigating the Afternoon of Life** Nalin Singh

At the peak of your professional and social pride, arrogance and financial well-being, your life will stutter and stop playing to your tune. A time when you will exchange emotions for clinical symptoms and your regrets will outnumber your hopes. A time when you have lost the moral clarity of youth and the emotional havoc within the dark chambers of your mind are sentimentally deluding you into uncharted territory. Welcome to MIDLIFE! This book is a practical guide for mid-lifers to help them cope with the many bewildering changes that they face to conquer midlife and ultimately achieve the inner calm and strength. The author has included several real life examples as well as celeb stories to give the reader an in-depth understanding of the subject. Find out how you too can navigate midlife, achieving an inner calm and balance in all that you do, leading to a period of fulfillment and an authentic life that reflects your passions and what you want to do versus one prescribed by society or parents. Rediscover and reclaim your destiny with Reboot to Reconquer...

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