



# Forty and Wiser: Remarkable Insider Secrets from Women Forty and Wiser

*Jessica Peterson, Yvonne A Jones*

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Forty. It's one of those age breaks that appear in surveys. And for author Jessica Peterson, a milestone that felt different than any previous. Women experience phases of life; turning 21, then 25, then 30 and on. Turning 40 came with a feeling of shift for Jessica; a feeling of accomplishment with an edge of excitement about experiencing the challenges of the next decade. Jessica is a woman known for being a connector who speaks and interacts with many people. As she mentioned her feelings about the approaching birthday, she discovered that her feelings were not unique. In fact, co-author Yvonne and many other women share Jessica's thirst to learn what is next. In addition, their conversations shared a common theme--the desire to share their inspiration, their knowledge, their lessons, and the messages they've accumulated in 40 years. Thus this book, *Forty and Wiser*, was born. The questions were asked and the answers given by 70 women, each of whom are both wiser and more powerful for having lived and now shared their fun, compassion, and wisdom with the world.

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