**Cover**

Guide for women in their 40's

**Backside text: 40 + guide for women**

No, it is not a cliché. Life really does start at forty. **You are on top of your game now!**

This book is about the joy of being 40+. With the latest news and insights on the most complete time of your life.

Printer specs:

**Title                        : 2 titles 40+ man and 40+ women**

**Extent                :    for both the books the extent is:**

                              inside 112 pages

                              cover 4 pages + flaps front and back 100 mm

Size                   :    139 x 162 mm

Paper                 :    inside: 140 gsm wf offset

                              cover; 300 gsm wf offset

Printing               :    inside: 4/4

                              cover: 4/4 + 1/0 matt lamination

**complete changes**

Pre-press            :    Certified PDF files by FTP server

Binding               :    thread sewn

Packing              :    in export boxes

Delivery               :    DDP 1 address in Holland

**Pages 2/3**

40: Old enough to know better

Young enough to still do it

**Pages 4/5**

**Foreword**

I rather liked it, becoming forty. Forty was still a bit sort of hip. An age whereby you can gallantly parade on the street. So people will stare at you with big eyes and say: 'Whaaat? You are forty year ooold?!

**Pages 6/7**

**Foreword**

As one of the few people turning forty, I did not throw a big party. But I did get a baby just before, and I did casually turn my life upside down on the last minute. I said the wage labour life goodbye, and became what I had always wanted to be: a writer. But the down side of being forty is that it does not stay that way forever. After forty comes 41, and 42, and soon even 43. And when that happens you are too far gone. You officially do not belong to the youngsters anymore. In addition, you will in the mornings be confronted with all the effects of being forty-something. It takes more time and more effort to get everything in the right shape again. You worry about dangling forearms when swinging them. Suddenly you are not the promising newcomer, but are you the one giving wise advise. That is confronting. It is a new phase that arrives out of the blue. And I was expected to just write funny books about this. Well, that did not happen as planned. This book was serious business. It includes all the things we will walk into the next following years. But fortunately we forties grew older and wiser so we can laugh at all the miseries we face. A few wrinkles do not get us down anymore. We proudly made it to forty. Whether 'life begins at forty' for me is doubtful, without the last forty years I would not be the person I now am. But that are still many great things ahead in life I do not question. Especially after writing this book. At least I will face the coming forty years with a big smile.

**Elsbeth Teeling**

**Pages 8/9**

You know you turned forty when:

You can laugh, sneeze, cough and pee in your pants...

all at the same time!

**Pages 10/11**

**16 Congratulations! You are 40+**

No, it is not a cliché. Life really does begin at forty. Away with fading from your twenty-fifth, at forty the communication between different brain areas is at its best.

**24 Midlife crisis and monkeys**

All around the world people face the sufferings of a midlife crisis near their forty, rich of pour, white of black, eastern of western. Even apes face them. A conversation with the English psychologist Alexander Weiss who did research to midlifecrisis on primates.

**34 The brain**

Using new technologies such as MRI, we can see that brain cells do not die as much as we thought they would. Indeed: at older age new brain cells can even increase.

**44 It keeps getting better**

Your personality will change until later in life. And for almost everybody according to the same pattern: in the course of the years you will get such friendlier, more precise, and emotionally more stabile. You personality grows in the years, just like good whine.

**52 Pre-Menopauses**

It looks like a far-from-your-bed-show, but sooner or later you will have to face it: the menopause. What does this mean exactly, and what can you do about it?

**60 Talking about my generation**

When you are born between 1970 and 1985, you belong to the 'pragmatic generation' according to the generation theory. Generation-expert Aart Bontekoning about the forties from this era.

**Pages 12/13**

**68 grey hairs and wrinkles**

The good news is: everyone has them. The bad news is: you will never get rid of them again.

**70 Hunting**

Research on hunter-collectors shows that hunters between 35 and 40 bring more loot home than 25-year old hunters who are on top of their physical abilities. On top op that, older men prove to be better mediators, story-tellers and organizers. An interview with anthropologist Micheal Gurven.

**78 Exercising**

Exercise is good for us. Especially after forty when we lose 8 percent of our muscles a year. Exercise ensures nice positive psychological effects. And when you exercise on a regular base, you just look better.

**88 Your real Age**

Great chance you are feeling younger. And great chance your old class mates scare you: do I also look that old? Your biological age therefore is something completely different from your chronological age. Or from your social, emotional or psychological age. An overview.

**96 Friendships in your forties**

Friendships in your forties are important to stay young.

**104 You and your parents**

No generational gap, but there will remain a difference between you and your parent. How do you with that?

**Sections**

* Gestures you could do in the past, but you really cannot in the present
* Aphorisms
* The pro’s of being forty
* You know you turned forty when….
* Typical forty like hobbies