



Lost and Found: The Journey of Women at Midlife

Liza Finlay

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Both inspirational and informational, *Lost and Found* delivers masterful insights into the developmental processes of aging, woven with personal stories, philosophical quotes and self-discovery worksheets to help every middle-aged woman find her way to her new shore.

Alyson Schafer

Author of *Honey, I Wrecked the Kids*

This book breathes hope. It shows what one can do if you have the courage to stretch beyond an imagined and even already-traveled blueprint. The book gives permission to reach out for somethingness instead of dead-holding on nothingness.

It teaches that real lasting changes start with-in and impact with-out versus the other way around. By reminding us about the roots of a word “courage”.

Dr. Marina Bluvshstein

Program Director and Core Faculty, Adler Graduate School

Reading *Lost & Found* made everything I've been feeling suddenly make sense. As a woman in midlife, I've often felt that I should have all the answers, and then felt badly that I don't. I completely agree with Liza's assessment that midlife can be about reawakening those ideas, goals and dreams that have somehow gone by the wayside. I feel stronger, somehow, after reading this book, and I'm inspired now to reach out, grab – and hold on to – the new me.”

Suzanne Moutis

Executive Editor, Style at Home magazine.

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Teresa Powers:

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