

Get Inspired

Living Your Best Life After 50

(NAPSA)—For many people, navigating life and love as they get older can be challenging. Adjusting to change, seeking a new partner, or simply breaking out of a rut may feel overwhelming. In the hilarious hit comedy “Book Club,” four mature women in different circumstances discover that you’re never too old to enjoy life or pursue love. That’s a message author and newspaper columnist Tom Blake agrees with wholeheartedly. Blake has written more than 4,000 articles and newsletters on the topic and offers this advice, which is reflected in the movie:



In “Book Club,” four mature women inspire each other to make their next chapter the best chapter.

1. **Give love a chance in later years:** Put yourself out there; everyone deserves love.

2. **Don’t worry about what others think:** Do what’s right for you.

3. **Loosen up:** Don’t be too set in your ways.

4. **Change your routine:** Be open to new experiences.

5. **Don’t let your children make decisions for you:** No one knows you better than you.

6. **Have fun:** Don’t stop living before you stop living!

In “Book Club,” legendary actresses Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen star respectively as a widow, single, divorcée and long-married woman who hilariously shake up their lives by diving into the infamous book “Fifty Shades of Grey.” From discovering new romance to rekindling old flames, the lifelong friends inspire each other to make their next chapter the best chapter.

“‘Book Club’ has wonderful messages about never giving up on life or love no matter how old you are,” said Blake. “Good things can happen when you venture out and meet new people.”

To liven up your life, check out “Book Club” on DVD, Blu-ray or iTunes and go to www.FindingLoveAfter50.com for more tips from Blake.