



Boundless Potential: Transform Your Brain, Unleash Your Talents, Reinvent Your Work in Midlife and Beyond

Mark S. Walton

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What is the lifelong potential of the human mind? Might I have talents or brainpower that I'm unaware of? Can I make money and a difference doing something I love? Is there some science to this or just luck?

Millions of us in our 40's, 50's and 60's face career, financial and personal challenges beyond anything we anticipated--we're filled with fresh uncertainties.

We've seen careers derailed and investments devastated by economic chaos. Some of us have grown restless or burned out in our businesses or professions. Others have unexpectedly 'flunked retirement,' finding the so-called 'golden years' mind-numbingly boring.

However we've come to it, the challenge is the same: What Now?

Personally driven by this question, Peabody award-winning journalist and Fortune 100 leadership consultant Mark S. Walton set out on his most fascinating assignment yet. Crisscrossing America to meet with remarkably re-inventive people, and researching the latest breakthroughs in brain science, psychology, creativity and happiness, he made three life-altering discoveries:

State-of-the-art neuroscience has revealed that we are hard-wired for reinvention through the emergence of extraordinary new brainpowers in life's second half.

A growing number of men and women are learning to leverage this inborn potential. In midlife, they're raising the bar--inventing profitable new careers, businesses, and avenues for social impact that extend well into their 70's, 80's, even 90's.

Longevity experts are increasingly convinced that doing work that 'pays it forward' to future generations pays us back in personal long-term health and happiness.

What unrealized possibilities exist for each of us in midlife and beyond? How do we find and unlock our unique talents and capabilities? What kinds of people have accomplished this? What can we learn from their experiences?

In *Boundless Potential* Walton shares his surprising and encouraging findings, weaving first-hand accounts, cutting edge research, and practical lessons into an actionable blueprint for redesigning our lives and work. Entertaining, informative, and empowering, this groundbreaking book delivers overwhelming evidence that we were never meant to downgrade our ambitions or goals, but to continually reinvent them.

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