

Learning to Love Midlife

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Synopsis

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New York Times bestselling author and co-founder/CEO of The Modern Elder Academy “reminds us all to savor the wisdom, self-knowledge, and joy that accompanies [the middle decades] of our lives” (Father Richard Rohr) and “provides a clear blueprint for creating the lives we want” (Gretchen Rubin)

The midlife crisis is the butt of so many jokes, but this long-derided life stage has an upside. What if we could reframe our thinking about the natural transition of midlife not as a crisis, but as a chrysalis—a time when something profound awakens in us, as we shed our skin, spread our wings, and pollinate our wisdom to the world?

In *Learning to Love Midlife*, Chip Conley offers an alternative narrative to the way we commonly think of our 40s, 50s and 60s. Drawing on the latest social science research, inspiring stories, and timeless wisdom, he reveals 12 reasons why life gets better with age. They include:

- The relief of “my body doesn’t define me.”
- We finally grow comfortable in our own skin
- Stepping off the treadmill: We redefine what a successful life looks like
- The “Great Midlife Edit”: We let go of our emotional baggage, mindsets, and obligations that no longer serve us
- Growing whole: We begin to feel a part of something bigger than ourselves

No matter where you are in your midlife journey, this perspective-shifting guide will inspire you to find joy, purpose and success in the years that lie ahead—and how those years can be your best ones yet.

Reader's comments

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