

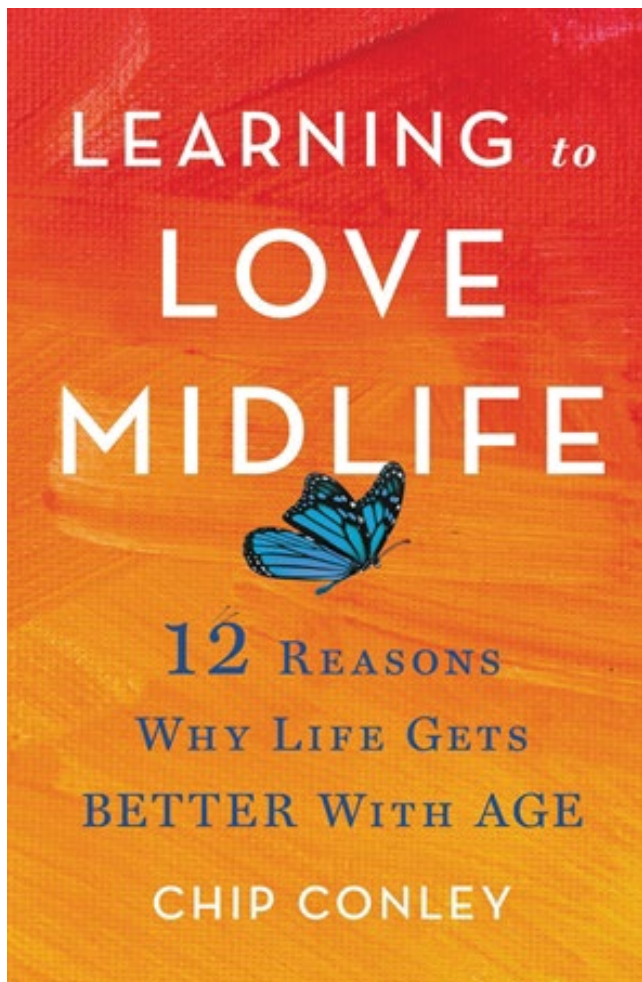


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NEWS OF BOOKS AND AUTHORS *For immediate release*

“If we are lucky enough, midlife will find us all, but that doesn’t mean crisis has to accompany it. The brilliant and beloved Conley reminds us that with transition and uncertainty comes possibility. No, our doors are not closed after forty, fifty, sixty: in many ways, they are more open than ever. Read this book to reimagine every stage of midlife.” —**Esther Perel, psychotherapist, author and host of *Where Should We Begin***

“For many of us, midlife can be a confusing stage of life, full of unfamiliar transitions and few clear milestones. And now that we’re living longer, this period lasts much longer than it did in the past. *Learning to Love Midlife* is an invaluable guide to how to navigate this period with curiosity, energy, and optimism. With cutting-edge research, deep insight, and examples drawn from real life—including candid accounts of his own experience—Conley provides a clear blueprint for creating the lives we want.” —**Gretchen Rubin, bestselling author of *The Happiness Project* and *Life in Five Senses***



LEARNING
to **LOVE**
MIDLIFE:
12 Reasons
Why Life
Gets BETTER
with Age



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“Rarely have I read a book that so succinctly captures the upside of midlife, a life stage that is more an opportunity than a crisis. Chip Conley reminds us all to savor the wisdom, self-knowledge, and joy that accompanies this time in our lives.” —**Father Richard Rohr, bestselling author, speaker and spiritual thought leader**

“Does aging give you a sense of dread? If so, you need to read *Learning to Love Midlife* right now. In this wonderful book, Chip Conley will show you that aging is a superpower, capable of changing you (and our world) for the better.” —**Arthur C. Brooks, Professor, Harvard Kennedy School and Harvard Business School, and #1 *New York Times* bestselling author of *From Strength to Strength***

"I've personally experienced the magic of midlife at Chip Conley's MEA where thousands of people have learned how to curate a life that's as deep and meaningful as it is long. Finally, Chip has gathered the secrets of that program into a book that will help you to feel happier, healthier, and wiser starting in your 40s." —**Dan Buettner, *New York Times* bestselling author, creator of "The Blue Zones," and National Geographic Fellow**

“This vital and necessary book is a roadmap for the rest of your life. With large doses of wisdom and frequent sprinkles of wit, Chip Conley shows how all of us can approach our 40s, 50s, and 60s with intention and wonder. *Learning to Love Midlife* will stir brains, open souls, and transform lives.” —**Daniel H. Pink, #1 *New York Times* bestselling author of *When, Drive, and The Power of Regret***

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It is time to reframe how we think about midlife, the transition period of life between young adulthood and old age, as not a "crisis" but a chrysalis—where a profound transformation happens. In *Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age* (Little, Brown Spark; ISBN: 978-0-316-56702-2, January 16, 2024), Chip Conley offers an alternative narrative to the way we commonly think of our 40s and beyond, and reminds us that *life begins at 50 with the best of our days still ahead of us.*

At age 47, Chip Conley had a NDE (near-death experience) that knocked him down and served as a wake up call forcing him to reconsider his priorities. Seeing midlife friends of his die by suicide while also seeing others starting to flourish in their 50s, Chip committed to living his midlife as a laboratory. He began exploring the physical, emotional, mental, vocational and spiritual transitions that happen in our 40s, 50s, and 60s with a desire to share his learning freely. People are living longer than ever before, and because of this midlife becomes even more of an important time in our life.

This life stage opens the door to embracing new perspectives and ways of thinking that have the potential to change our lives. Chip shows us in *Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age* that anticipating your future regret - and taking steps to prevent it - is a form of wisdom that you can embrace any time in your life.

Drawing on the latest social science research, inspiring stories, and timeless wisdom from first-hand experience founding the world's first midlife wisdom school (MEA), Chip reveals 12 reasons why life gets better with age. A few of them 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

Learning to Love Midlife: 12 Reasons Why Life Gets Better With Age is meant to be your own personal roadmap to midlife, offering the opportunity to chart out how you want to curate the second half of your adult life and how to leave your midlife chrysalis (not a midlife crisis) feeling liberated, happier, and ready to pollinate. 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.

ABOUT THE AUTHOR:

Chip Conley is on a midlife mission. After disrupting the hospitality industry twice, first as the founder of Joie de Vivre Hospitality, the second-largest operator of boutique hotels in the U.S., and then as Airbnb's Head of Global Hospitality and Strategy, leading a worldwide revolution in travel, Conley co-founded MEA (Modern Elder Academy) in January 2018 in Baja California, Mexico. Inspired by his experience of intergenerational mentoring as a 'modern elder' at Airbnb, where his guidance was instrumental to the company's extraordinary transformation from fast-growing start-up to the world's most valuable hospitality brand, MEA is the world's first 'midlife wisdom school' and has a campus opening on a 2,600-acre regenerative horse ranch in Santa Fe, New Mexico in early 2024. Dedicated to reframing the concept of aging, MEA supports students to navigate midlife with a renewed sense of purpose and possibility. A New York Times bestselling author, Conley's 7th book "Learning to Love Midlife: 12 Reasons Why Life Gets Better with Age" is about rebranding midlife to help people understand the upside of this often-misunderstood life stage and he was asked to give a 2023 TED talk on the "midlife chrysalis."

LEARNING TO LOVE MIDLIFE: 12 Reasons Why Life Gets Better With Age

Little, Brown Spark | January 16, 2024 | Hardcover; \$28.00 | 9780316567022

Learn more about Chip Conley and the Modern Elder Academy here! <https://chipconley.com>

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MEA Website: <https://www.modernelderacademy.com>
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