

The Finding 40 Project

Aimee Cebulski

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Aimee Cebulski : The Finding 40 Project before purchasing it in order to gage whether or not it would be worth my time, and all praised The Finding 40 Project:

2 of 2 people found the following review helpful. Finding 40 Fabulous!By MicheleThe Finding 40 Project delivers the reader into the lives of women across the globe who talk about lessons learned as they celebrate their 40th birthday. The portraits are rich with detail and show just how alike and how different the women are as the author deftly tells each woman's story, including her own, in short, easy to read chapters, through photos, narrative and then posing the same few questions to each woman she interviewed.The portrait that stuck with me was that of Rosa Elena, a woman from Ecuador married at 15 with six children; she had not only never traveled very far from where she was born but her daily existence was a fight to survive poverty. Turning 40 was just another day for her, there wasn't much to celebrate.Her story is in sharp contrast to the portraits of some of the other very remarkable and accomplished women interviewed in the book including NBC Today Show anchor Natalie Morales.I liked that the stories included women of different cultures and backgrounds and it really re-inforced for me how fortunate we are in the U.S. The book also truly showed that while many women share the same worries (aging), and regrets (although fewer than you would think), most of the women profiled were happy with where they were at in life and wouldn't change a thing! I think that's a great message and I would give this book to any woman in my life, not just those turning forty.

What does it mean to turn the big 4-0? How different can it look to women around the world?

"This is the type of book that is easy to sit down with for a short while each day, to read another woman's story. Although to be honest, once you start it is hard to read just one. It was a lovely break from my day-to-day where I could see life from a different perspective. And it let me appreciate my own choices at the same time." -- Tracey Rossingol, writer/blogger, FashionForward40.com