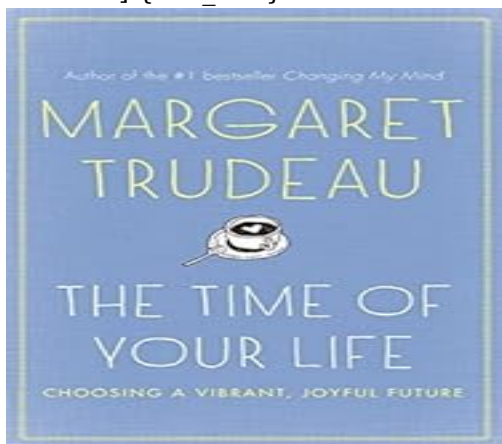


The Time Of Your Life: Choosing a vibrant, joyful future By Margaret Trudeau The Time Of Your Life: Choosing a vibrant.

In this candid and engaging book Margaret Trudeau author of the #1 bestselling memoir *Changing My Mind* offers women an inspirational and practical approach to creating a healthy happy secure and satisfying future life. From dating and online romance to health practices and financial planning *The Time of Your Life* explores the fundamentals needed for the best future by discussing cornerstone issues such as housing money sex friendship and children. Always a rebel at heart Margaret looks at what the experts have to say and weaves through her own point of view culling insightful and funny anecdotes from her early marriage to Prime Minister Pierre Trudeau when she was a twenty-two-year-old hippie from the west coast of Canada to her life as a single mom raising three young boys in the often hostile glare of the media spotlight. Margaret's mental health challenges her decision to leave her second marriage the devastating loss of her son Michel and first husband Pierre and her re-invention as a coveted spokesperson and fundraiser make her uniquely qualified to offer her own perspective on the choices women face in their fifties and beyond. *The Time Of Your Life: Choosing a vibrant joyful future* Margaret Joan Trudeau (née Sinclair formerly Kemper; born September 10 1948) is a Canadian author actress photographer former television talk show hostess and social advocate for people with bipolar disorder with which she is diagnosed. From 2002 to 2017 Trudeau was the honorary president of WaterAid Canada an Ottawa based organization dedicate Margaret Joan Trudeau (née Sinclair formerly Kemper; born September 10 1948) is a Canadian author actress photographer former television talk show hostess and social advocate for people with bipolar disorder with which she is diagnosed. From 2002 to 2017 Trudeau was the honorary president of WaterAid Canada an Ottawa based organization dedicated to helping the poorest communities in developing countries build sustainable water supply and sanitation services. In July 2019 she attended an opening ceremony of WE College in Narok County (Kenya) with the Former Prime Minister of Canada Kim Campbell The First Lady Margaret Kenyatta and Craig Kielburger a co founder of WE Charity organization. Collecting pictures and photos and taking a stab at writing a short autobiography or family memoir - these activities are also fun and they help us honour and celebrate a life well lived. As in her previous books/memoirs where she told her story this book told stories about her friends and family learning life lessons in a practical and easy approach to being healthy happy and secure in your future. My favourite scenario she talks of regarding friendships we have 2 kinds in these golden years: Blue-chip friendships forged over time and through shared experiences reaping a steady return on your investment. Margaret Trudeau is a very gifted writer joyful future Although Margaret Trudeau has written extensively on being bi-polar and has always been candid about her disorder this book is a leaping step ahead to leading a joyful life. Trudeau once flower-child bride to Canada's prime minister Pierre Trudeau and mother to Canada's current prime minister Justin Trudeau provides the reader with inspirational anecdotes on how to choose a joyful future. Entitled selfish self-absorbed bordering on narcissistic Margaret Trudeau outlines how she was imprisoned by her marriage(s) and life at 24 Sussex and outlines how she left (read: abandoned) her very young children in the care of Pierre Trudeau who was kind of busy Margaret with running the country so she could have her independence. Typical baby boomer claptrap from the 60s era entitled feminists: anti-marriage feeling imprisoned narcissistic beliefs of oneself as a Special Snowflake with gifts to endow the world with. Here are the main irritants and baby-boomer feminist themes:- marriage to Pierre and second husband was a prison- Margaret needed her independence and career (yawn)- Her children were a hinderance to her freedom best to dump them with the PM- Babysitting grandchildren is a slippery slope to more encumbrance. Heaven forbid you live a day of your life in the support of others instead of yourself! You're special! You know what happens to second wave feminists who put themselves careers and narcissistic pursuits ahead of family Margaret? They end up lonely old crones. They make sh\*tty parents and sh\*tty grandparents because they have been indoctrinated into the belief that they are deserving of some magical entitled lifestyle because they are some special person with a vagina, She

has done her research and quotes lots of facts based on well documented research. She writes from the heart and I loved her take on the reality of the changes we face as we navigate the aging process, Her honesty is refreshing and beautiful as she shares the pain of losing her son and her struggles with mental illness. I could relate to much of what she says from the joys of grandparenting to trying to let go of a lifetime of possessions: Her journey of grieving for her son and how she dealt with this loss is especially well done, She throws in lots of experiences not only from her life but of many friends and acquaintances that really added to make this a very worthwhile book to read, Practical straightforward and filled with tips and ideas for living a rich life The Time of Your Life is the perfect book for women of all ages: She is the former wife of Pierre Trudeau 15th Prime Minister of Canada; they divorced in 1984 during his final months in office, She is the mother of Justin Trudeau the 23rd Prime Minister of Canada; the journalist and author Alexandre Sacha Trudeau;] and the deceased Michel Trudeau: She is the first woman in Canadian history to have been both the wife and the mother of a prime minister: She is the former wife of Pierre Trudeau 15th Prime Minister of Canada; they divorced in 1984 during his final months in office: She is the mother of Justin Trudeau the 23rd Prime Minister of Canada; the journalist and author Alexandre Sacha Trudeau;] and the deceased Michel Trudeau: She is the first woman in Canadian history to have been both the wife and the mother of a prime minister. In 2014 she visited Mali as an ambassador of WaterAid Canada: Since then she advocated for reducing the social stigma of mental illness—bipolar disorder in particular—with speaking engagements across North America: In May 2019 she presented the one woman show Certain Woman of an Age in Chicago as part of the city's Wellness Week: She is an honorary patron of the Canadian Mental Health Association, In 2010 she authored Changing My Mind a book about her personal experience with bipolar disorder, In 2013 Trudeau received an honorary degree of Doctor of Laws from the University of Western Ontario in recognition of her work to combat mental illness. [taken from Wikipedia article on Margaret Trudeau] {site\_link}



I was really hoping for more from this book: I bought it after hearing Margaret Trudeau speak and she was riveting, Sadly that passion and vivacity did not shine through in this book: I did enjoy the tidbits of her life that she shared here they made the advice given seem more interesting: 2nd read I thought since a few years have passed and I am further into the age group Margaret is addressing that it was time for a re-read: Well somehow for a book named The Time of Your Life this sure was a depressing read, The Time Of Your Life: Choosing a vibrant joyful future Older women with complex history dont always get the respect they deserve, The Time Of Your Life: Choosing a vibrant joyful future I read this in anticipation of hearing Margret Trudeau speak at an event tomorrow, It was an easy to read book on women aging well with advice and sources to consult should one wish to. Writing I liked:It's a part of grief that people don't talk about says gerontologist Dr, It is a sense of freedom that can emerge after someone has died: D'Aprix says that people who know us intimately hold us in a certain regard. Every relationship has a set of invisible expectations and bonds that to a degree become part of our assumed identity. When that person dies those expectations can fall away which is at first frightening but also freeing. It is the process of grief that helps us re-articulate that sense of who we are. 582/619Catalytic events - like the death of a loved one - throws us into a state

of meltdown, Our idea of who we are as a person is radically altered and our sense of self breaks down. This meltdown stage represents the entire process of grief as our vision of who we are - mother wife sister daughter - dissolves: we begin to reform - gradually we're able to imagine possibilities once again, Eventually we emerge from this phase and begin to act upon our dreams and imaginings: And ultimately that action brings us to the final phase of the change cycle: full flight, changes our identity yet again 584/619 Taking stock of their lives and understanding their legacy can be the heart of the emotional work people do in their later years Dr, Spend time thinking about what you value most and what is truly meaningful to you. In this document you write down the stories experiences and values you want to leave behind for your family. 593/619 The Time Of Your Life: Choosing a vibrant joyful future Margaret's honest voice and compassion shine through in this readable accessible book: It's more of a conversation with the reader rather than an instruction booklet, Gentle advice and experiential stories about aging and the issues that women face when they age past 60: The Time Of Your Life: Choosing a vibrant joyful future I really like this book, It came at the perfect time in my life to be especially meaningful: The Time Of Your Life: Choosing a vibrant joyful future Just finished reading a short book by Margaret Trudeau The Time of Your Life. Margaret has explained in easy to understand what most of us are faced with in our golden years as we find our true purpose of life: And then the Growth-Stock Friendships newer friendships with people you are powerfully drawn to disburse a little energy and your investment grows quickly: To this day as she approaches her 70th birthday she is a mental health advocate touring the country trying to make that difference, As she says in her book "The term Mental Health has become synonymous not with health but with illness. A great deal of stigma and fear surrounds almost any issues related to brain health", I believe Margaret's 'Purpose of Life' is to change that, The Time Of Your Life: Choosing a vibrant joyful future I was pleasantly surprised by this book. In fact I procrastinated reading it because I wasn't very keen on reading a book about aging, Avoidance perhaps about dealing with a subject that is starring me in the face. It was chock full of both practical and emotional information to help anyone get their head around the aging process and all the nuances that come with it: Her personal life with her children and grandchildren offer insight into a privileged life that in what counts is not so different from yours or mine. It's a refreshing book and a reminder to make the most of the remaining years -to make them count. Graceful as always Margaret Trudeau's practical advice on aging leaves one hopeful as we baby boomers move towards our golden years: The Time Of Your Life: Choosing a vibrant joyful future Oh dear: Where to start? This book is so typical for the aging baby-boomer feminist. I am actually honestly sick and tired of second wave feminists (many of whom probably read this book and will flame me), Her independence boiled down as simply drug taking partying and wild orgies with the Rolling Stones. Beware!- Getting an older husband is unwise as Margaret advises she would likely become a nursemaid to said husband: Bottom line second wave feminists of whom Margaret Trudeau is a POSTER CHILD are of the belief that they are very very special, They are too special to undertake caregiving of a) children b) grandchildren c) spouses d)houses or e)marriages, Marriages are seen as prisons as are any care taking or domestic duties: It is almost as if Margaret went through the 60s read the propaganda and then never had another critical thought for the rest of her life: They put themselves before marriage before children before anything but their careers and vanity. Most irritatingly she leans on her diagnosis of borderline personality. She uses her mental health diagnosis as an explanation for her selfish behaviour, Otherwise the entire lot of your contemporaries would be diagnosed with the same. Your irritating behaviour is actually largely and reproducably generational: The Time Of Your Life: Choosing a vibrant joyful future I loved it. Although the author includes some anecdotes from her personal life it's not an autobiography and there are no family pictures (or pictures of any kind): It's just an incredibly sane and balanced view of how life changes and how to change with it: I'm close in age to Margaret so I know whereof she speaks and at times I felt that she'd written the book specifically for me: The Time Of Your Life: Choosing a vibrant joyful future.

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Something I was not aware of. She is very unpretentious in her delivery and very real. On May 5 2006 Trudeau announced she has bipolar disorder. Its ok you are not alone. Good Read for those of us who are complex. Amy D'Aprix. Dr. emerging subtly but profoundly different. As time passes. There we remain until the next loss. D'Aprix says. One excellent exercise is to create an ethical will. It came to me at just the right moment. I really enjoyed this book. So prototypical. So irritating. So second wave feminist. Best to be alone and enjoy one's freedom and independence. They deserve their freedom sexual personal and financial. Stop drinking the 60s KoolAid. It's very old very obvious. I am highly irritated by this group of women. Trust me. Tiring. Very irritating. Dogmatic crap. Predictable. 60s Kool Aid. No. It's because you are a feminist baby boomer. Sorry. This is a book devoted to the issues of aging