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focused on their bodies aging, slowing down, doing less, notes Williamson. "But today, the spirit is on the incline," she says. Midlife is a wonderfully fulfilling time to explore new avenues, test your limits and go further than ever

before. Ultimately, it's about living life as only you know deep in your heart it is meant to be lived, points out Williamson.

Need a little inspiration? Here are three women who followed their hearts to a midlife redesign.

driven to solo success



Six years ago, after being downsized out of two director of operations jobs that she loved, and unable to find a new position, Adrienne Simpson, a single mom from Atlanta, fell into a depression. "I just shut down," she admits. But she knew she had to pull herself out of it when she noticed her 12-year-old daughter falling with her. On their own for a decade, mother and daughter had always cited "girl power" as their source of strength. "One day she said to me, 'Mom, what about girl power?'" recalls Adrienne, now 53. In that moment, she knew she couldn't let her daughter see her defeated.

"I didn't want to go back to corporate America," says Adrienne. "I wanted to have control over my own destiny. So I began thinking about what kind of business I could start." Meanwhile, Adrienne's mother, who had also been living in Atlanta, decided to move back to Michigan to be near family. As Adrienne began looking for a moving company that specialized in helping seniors relocate, she realized that no such company existed. Bingo! The idea for her business, Smooth Moove (www.wemoveseniors.com), was born.

Adrienne spent a lot of time researching her business idea and used personal credit cards to finance the startup. Even

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