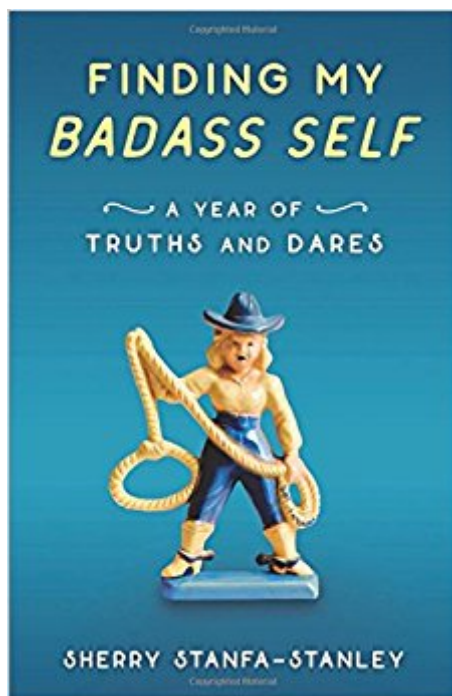


The book was found

Finding My Badass Self: A Year Of Truths And Dares



Synopsis

Fighting midlife inertia, Sherry Stanfa-Stanley stares down a year of fear through *The 52/52 Project*: a year of weekly new experiences designed to push her far outside her comfort zone. Her exploits range from visiting a nude beach with her seventy-five-year-old mother in tow to going on a raid with a vice squad and SWAT team to crashing a wedding (where she accidentally catches the bouquet). While finding her courage in the most unlikely of circumstances, Sherry ultimately finds herself. For midlifers, fatigued parents, and anyone who may be discontent with their life and looking to shake things up, try new things, or just escape, *Finding My Badass Self* is proof it's never too late to reinvent yourself and that the best bucket list of all may be an unbucket list.

Book Information

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Customer Reviews

"Finding my Badass Self is like a cozy catch-up chat with a zany friend. Stanfa-Stanley's writing is conversational, peppered with juicy encounters, honest insights, and lots of laughs. Most would be hard-pressed to duplicate her energetic and courageous Badass Year, but it is encouraging to have her reminder about how rewarding it can be to push one's self-imposed limitations." *Foreword Reviews* "An uplifting, fun, quirky, and most of all, thought-provokingly powerful memoir highly recommended for any woman who would gain new perspective about her life and its direction and choices." *Midwest Book Review* "Stanfa-Stanley has a cheeky writing style and is happy to turn that sarcasm on herself, all the while gently admonishing the reader to come out of their own shells. Highly recommended for the memoir-lovers out there, and for any seeking to learn how to push their own boundaries."

•San Francisco Book Review•“In this debut memoir, a woman devises a plan to yank herself out of a midlife malaise. A delightfully breezy read about experimentation, often humorous and companionable.”

•Kirkus Reviews•“Sherry Stanfa-Stanley’s book is a riot! At fifty-two, she spent the year re-creating herself and reimagining the possibilities of life, to the delight and enlightenment of those who cheered from the sidelines. Forget the bucket list: This book is a barrel of laughs. Honest, revealing, and warm-hearted, Stanfa-Stanley gives her readers a whole new way to put life into midlife crisis.”

•Gina Barreca, syndicated columnist and author of Not That I’m Bitter and If You Lean In, Will Men Just Look Down Your Blouse?•“Kiss your comfort zone good-bye! Sherry Stanfa-Stanley challenges herself on the eve of her fifty-second birthday to shake up the status quo of a middle-age life. In fifty-two chapters, you can live vicariously or, better yet, get motivated to get out there. Stanfa-Stanley is funny, real, maybe a little crazy, and totally wonderful.”

•Betsy Lerner, author of The Bridge Ladies and The Forest for the Trees•“Sherry Stanfa-Stanley is funny, and smart, and brave. If you love funny, smart, brave writing, you will love this book. She does things I would never dream of doing, and tells the stories of her unusual adventures in a very entertaining, and always honest style. Enjoy!”

•Cathryn Michon, screenwriter of A Dog’s Purpose•“Stanfa-Stanley faces the terrifying reality of midlife inertia with courage and spontaneity, humor and humility, proving that life is either a bucket list full of someday or a reality full of right f*cking now. Her story is bold, touching, and relatable. You will laugh and cringe as she takes fifty-two first steps toward embracing no less than the life she always knew she was capable of living.”

•Nicole Knepper, MA, LCPC, clinical therapist/gerontologist and author of Moms Who Drink and Swear•“Most people crave a settled life of comfort and safety. Not Sherry Stanfa-Stanley. Finding My Badass Self is a compulsively readable, hilarious account of Stanfa-Stanley’s adventures in middle age, her story of becoming a woman of bravery, style, and substance.”

•Jessica Lahey, author of The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed

Sherry Stanfa-Stanley is a writer, humorist, and squeamish adventurer. She writes about her midlife escapades and other topics on Facebook (The 52 at 52 Project) and also blogs at www.sherrystanfa-stanley.com. By day, Sherry attempts to respectably represent her alma mater as a communication director at The University of Toledo. An empty nester after raising Son #1 and Son #2, she now indulges a menagerie of badly behaved pets.

If you've ever wondered how more fulfilled your life could be, but don't know how to do it, this book is for you! If you just mentally wandered past "being stuck" but don't know how to physically get unstuck ; This might jump-start you to actually do it, in real life! Sherry challenges herself to overcome fears, and pursue incredible feats. She leaps into amazing "what ifs", and lands perfectly astride of "why nots." Following Sherry's epic journey is like buying a ticket into bravery, with an insightful and often funny map. The detours of her outrageous "project" don't derail, instead delight. Who doesn't want to give a rhinoceros an erection?

It is a fun and sweet book to read, a great vacation book, or just curl up in the evening and read a couple chapters book. Sherry is a terrific writer and her stories kept me intrigued as I read her 52 adventures. I suggest you put it at the top of your must read list!

This book is great and all true, she nailed it!

Very funny..

Sherry is divorced mother of two 20-somethings sons and in her mid-50s. According to her web page, she's a "writer, humorist and squeamish adventurer". A couple years ago when she was 52, she decided to push herself outside of her comfort zone and start the 52/52 Project ... for a year she would do something she'd never done before every week (so for a total of 52 new adventures). This book is the compilation of those experiences. The things she did included spending time at a nude beach (with her mom nearby), online dating, hot air ballooning, heading to the airport and jumping on the first flight flying domestically, babysitting quadruplets, unplugging from electronics, going to the grocery store in her pajamas, auditioning for Survivor and more. Some adventures were successful and she enjoyed them ... others she was glad she did but would never do again ... and there were just a couple where she said no way. I gave her props for doing the 5km marathon. I've always wanted to be a runner but I've never been one. Runners make it look so easy! I've been trying to do a 5km program (I have an app on my phone) since the spring and it's HARD ... I don't know if I'll ever be able to run (walking briskly is no problem, though). I've already done some of the things which was a new adventure for me. It was interesting to read her experiences doing a float and high ropes course ... I love floats and I'm with her re the high ropes course. I enjoyed this book and found it a fun read. Sherry is my age and I could relate to her, though I think anyone any age could. I liked the writing style. It was amusing and conversational. I bet Sherry would be a fun and

friendly person to hang out with.

Brutally honest, a bit self-deprecating and funny as hell, author Sherry Stanfa-Stanley's tales of her year of adventures and escapades will leave you laughing out loud, cringing in solidarity - and inspired to take on a few adventurous challenges yourself. From the seemingly mundane (painting her condo or unplugging from technology for a week) to the outrageous (visiting a nude beach with her 75 year old mother) to the downright terrifying (going on a ride along - and a drug bust - with the police, which I equate right up there with caring for quadruplets), each tale is wonderfully written in a conversational style dosed with a sprinkle of tongue-in-cheek humor. While each challenge gets its own chapter, this book is perfect to consume in short bites - but I bet you won't be able to put it down. I love it for its honesty and her ability to laugh at herself. Some of her experiences achieve more successful outcome than others but all attest to what we can gain when we push ourselves just a wee bit outside our comfort zone. This book just might serve as inspiration to recover one's own lost bit of "badass". Looking down the nose of 50, I'm motivated to make my own list now. Thanks to the author and She Writes Press for an advance copy of the book. All thoughts and opinions are my own - and yes, I'm a buyer of it because I had it on pre-order prior to being offered a copy for review. Double the fun!

This is the first time that I have heard of the 52/52 Project. Yet, after reading this book, I plan to follow Sherry's Facebook group for the 52 at 52 Project. OMG. This book is funny. Sherry makes me want to break out of my shell and try some new experiences. Although, I have been to an adult shop. However, never have I had the wealth of knowledge that the author got when she visited the trucker style shop in "Of Bunnies and Batteries". I think I will avoid trying an Brazilian wax in "The Woes of Waxing, Not So Poetic". Then there is the trip to the nude beach in "Baring It at the Beach". Also, I can't forget the "Dining in the Dark". Sherry's "My Big Fat Greek Party". There are many more funny stories to be had in this book. Every time that I thought I was done laughing, I would find myself laughing some more. You could tell that the author really enjoyed every moment of her experiences. Sherry inspires you to find your inner badass self!

This book provides inspiration - with a sassy touch of dumb luck - to love life after age 50. Author Sherry Stanfa Stanley took a personal challenge to try 52 things she had never done to honor her 52nd birthday. I was hooked by Chapter 5: Pizza Pie in the Sky. Who doesn't want to eat pizza to celebrate a weight loss? I've done it several times. I snorted with laughter through the hypnosis

chapter and shed a tear for the homeless lady in the chapter titled "Out on the Street." The chapters are short and easy to read. It's perfect for the guest room, for traveling, or to have on hand when you need a dose of gumption. I want to hang out with Sherry.

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