

Martha Johnson of Time For You to be Featured on Close-Up Talk Radio

HOLYOKE, MASSACHUSETTS, USA, December 8, 2014 /EINPresswire.com/ -- Turning the pages on the third and final chapter in life in your 60's can seem like a journey without a road map. There's a lot to think about and plan for and a lot more fun to have.

So says Martha Johnson, a [life journey guide](#), author and the founder of Time For You, a practice dedicated to convening conversations among post-60 women with places to go, decisions to make and uncertainties to tackle. Martha refers to the ages from 60 to 90 as the "[third chapter](#) of life," and at 75, she's finally accepted her own personal mission and is eager to share it with others: "Live fully, age gracefully, befriend death. Let your well-lived life be your legacy."

"That's what lights my fire," says Martha. "Helping accomplished women unlock their own clarity and courage for this particular age-stage transition."

Getting to an age where you start feeling aches and pains and begin to sense your own mortality, can be

disconcerting. Though you may be "retiring" from a career, you still have the energy and desire for a fulfilling "third chapter." But issues arise: taking care of aging parents, unexpected illness, and the need to prepare for a peaceful passing without placing an undue burden on your family.

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Martha Johnson

Prompted by the hunger among the newly retired for a safe space in which to share their problems and carve out a path forward, Martha's new mission was born: to support reflective and accomplished women eager to allay their fears and apply their own best thinking to the mastery of third chapter living.

"It's the start of taking time for ourselves to think about this journey called life, the story we're writing," says Martha.

"These women are so hungry for somebody to say it's OK for

you to look back. You've led a good life. You've put your family first. It's OK to say, 'Now what do I really want to do?' The journey continues."

Martha had her own business as a coach, management consultant, facilitator and trainer for 20 years when she received a diagnosis of MS. In her despair she began to write. What resulted was her first



book, *Musing Along the Way: Tears, Lies, and Fresh Fruit Pies* 1997-2001, followed by a second volume, *Pain, Persistence and Purifying Waters* 2002-2008. In 2010, revised in 2014, she wrote her most recent book, *Why Not Do What You Love? An Invitation to Calling and Contribution in a World Hungry for Your Gifts*.

“The title was my own question — one I didn’t expect to have to think about. My life’s third chapter had been all planned out until everything changed.” says Martha. “Now 75, I admit to still being a work in progress, but I’m proud that I’ve been able to connect the dots, reclaim my gifts and make sense of my losses so I could successfully transition into supporting others on their unique journeys.”

Close-Up Talk Radio will feature Martha Johnson in an interview with Jim Masters on December 9th at 1pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information, visit <http://www.meetmarthajohnson.com> for services, books and blog posts.

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