

“Why I’m

I’m not getting ha



Dina Dwyer-Owens, 50

Known as “the godmother of franchising,” she is the chairwoman and CEO of The Dwyer Group (a franchise family with more than 1,500 locations in 10 countries)

“There’s something special about being 50. I am happy with who I am and don’t spend time worrying about what others think. But more important, I also believe that happiness is a habit. It’s about waking up and saying, ‘Good morning, God!’ instead of ‘Good God, it’s morning!’”



Author of *The Happiness Choice*, executive director of Us Foundation, former CEO of Aveda and former president of Reebok

“I’m much calmer now that I’ve managed to live through many death-defying disasters—some of which only happened in my mind. Being older means knowing that my latest urgent crisis is probably not going to kill me. I know how to step back, take a deep breath—or 10!—and look for ways to deal with every new challenge with more equanimity and peace.”

Marilyn Tam, Ph.D., 55

If you’ve noticed that each birthday leaves you feeling more fulfilled, you’re not alone. A poll found that the average woman’s emotional well-being begins rising significantly after age 50, and keeps climbing through her 90s. For insight, we asked successful women to share how time has been on their side—and how you too can celebrate the clock!



Andrea Romano, 57

8-time Emmy Award winner, 36-time Emmy-nominated voice/casting director and the premier voice director in animation today

“Getting older allows you to frame day-to-day life with a much calmer perspective that I feel helps eliminate that feeling of youthful nervousness. Because I’m not often surprised, and very few things are completely novel to me anymore, I’ve found a sort of relaxation that I think stems from the pure experience that comes with age.”

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