

to step back, take a deep

breath-or 10!-and look

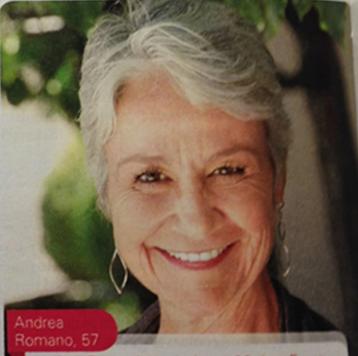
for ways to deal with every

new challenge with more

equanimity and peace."

Why I'm not go I'm getting ha

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!



Form

tho

old

So

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

"Getting older allows you to frame day-today 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."