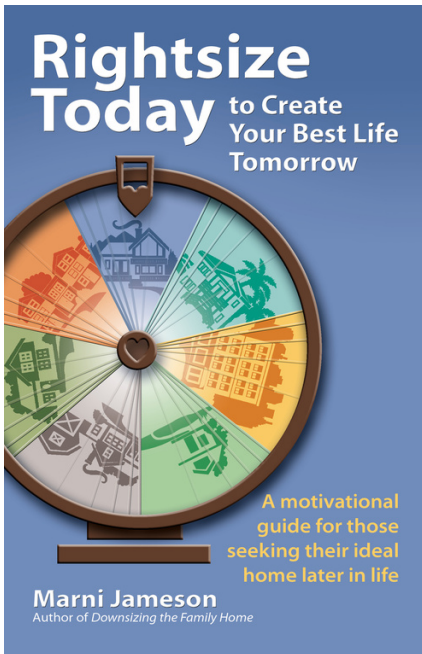


A gentle guide for helping readers “over a certain age” discover their best life by finding the right-sized home in the best location.



RIGHTSIZE TODAY TO CREATE YOUR BEST LIFE TOMORROW:

A Motivational Guide for Those Seeking Their Ideal Home Later in Life

By Marni Jameson

Moving is no fun. Neither is getting rid of stuff. And both jobs get harder as we get older. So, when those over a certain age — say, in the last third of life — are looking to downsize and move all at the same time, many will conclude, “I’ll just stay put, thank you very much.” It’s not just the acquired possessions holding them back, but also the intangibles. Their memories, their family history, their identities are all in jeopardy, they think. And yet, that reluctance to lighten up, let go, and move on is commonly all that stands between them and a better life.

Rightsize Today to Create Your Best Life Tomorrow will help this group of root-bound home dwellers cross the bridge between stuck in the past and a lighter, better future. It will encourage them to embrace the fact that now, when they’re no longer tethered to a school system or to a job they need to be near, is their chance to live where they want to live. Every section contains checklists: some soul-searching (should you or shouldn’t you move?), some practical (what every kitchen must have), and some logistical (where’s your happy place?), to help readers on their journey.

Included are enlightening profiles of those who proactively changed their housing in the last third of their life. Whether they moved to a smaller place, remodeled their existing home, or even moved to a larger home, which one third do; whether they moved to a new city, to a senior community, or to a new home in the same neighborhood, they all reimagined their lives, re-evaluated their belongings and made a move toward a better and possibly their best life yet.

To live your best life now requires an honest appraisal of who you are and who you’re becoming, where you are in your life and where you’re going or want to go. This book is designed to help those who are stuck explore what’s holding them back, and provide them with the insights, experiences, and courage to move forward.

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Marni Jameson is a nationally syndicated home-design columnist, award-winning journalist, speaker, and frequent TV guest. Her humorous and helpful column, “At Home with Marni Jameson,” appears weekly in two dozen papers nationwide, reaching several million readers and more through social media and her blog. Her fans include readers who have been following the author’s home adventures for two decades. She has been featured on such primetime shows as *NBC Nightly News* and *Fox & Friends*. As one reviewer wrote, “Think Erma Bombeck meets Rachael Ray in one humble yet helpful package.” She is the author of seven books, including *Downsizing the Family Home: What to Save, What to Let Go*, a #1 Amazon bestseller that won numerous awards.

