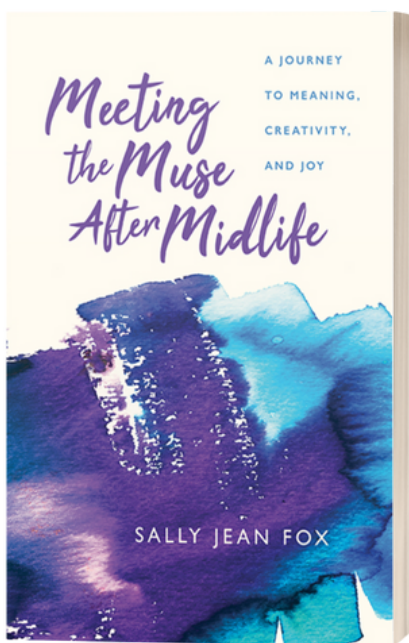




Sally Jean
Fox

author, artist, performer
and story-coach



12,000 people turn 65 in the United States every day. Yet the cultural narratives they hear about aging are usually depressing, demeaning, or blatantly untrue.

Meeting the Muse after Midlife shows how we can find meaning and more joy as we age, without sugarcoating the difficulties.

It illustrates how we can become more creative in the second half of life.

"Sally Jean Fox's memoir is a paean to vulnerability, creativity, and love, and how to remain fully human as time brings inevitable changes. Beautifully done."

—Mark Matousek, Author of *Lessons from an American Stoic*:

About Sally Jean Fox, PhD

Sally Jean Fox, PhD is the author of *Meeting The Muse After Midlife*, a memoir about finding hope and meaning in the second half of life through creative expression.

She's a writer for 3rd Act Magazine, podcaster, consultant, and coach who weaves together the practical, strategic, and spiritual in fresh and compelling ways.

She holds a PhD from the Fielding Graduate University and an MBA from Yale. In her former career, she was a leadership development consultant and university faculty who coached hundreds of mid-career adults.

Sally's wisdom, humor, and courage to vulnerably share make her an engaging and dynamic speaker, storyteller and performer.

Her long-running weekly Engaging Presence blog offers hope and inspiration to those who want to live meaningfully in challenging times.

Read more at www.engagingpresence.com/about

About Meeting the Muse After Midlife

"Cleverly disguised as a memoir, this is a captivating exploration of aging and creativity. This book is like a masterclass in empowerment."

David Spangler, author of *The Call*



Please visit www.engagingpresence.com/podcast and
www.engagingpresence.com/blog

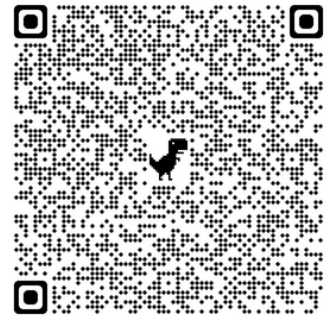
The Book: Meeting the Muse After Midlife: A Journey to Meaning, Creativity, and Joy

Join me on a journey to a more expressive life, as I challenge old messages about aging, let go of limiting beliefs, and take a joy ride of creative experiments. I learned to cope with loss and letting go to discover the gold that can come with age.

I share how my intuition and Muses guided me to a truer sense of purpose—and how the practices and disciplines I used opened the door to a new more creative world.

Let my quest inspire and fuel your creative spark.

Available on Amazon, Bookshop.org, and from your local bookseller.



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Minding the Muse is a joyride. There are struggles, and there is grief, but all along the way, the Muse is there, whispering: 'Now paint. Now write. Now dance and sing.' And why would you not, when life is so short and so precious?"

—Ann Hedreen, author of *Her Beautiful Brain*

Sally Jean Fox's wise, funny book *Meeting the Muse After Midlife* shows us that aging is less about cognitive decline than about creative incline, if not creative flight. It's never too late to find your way. Let her be your guide."

—Jeffrey Davis, author of *Tracking Wonder*

Check out my reviews on [Amazon](https://www.amazon.com/dp/1603589000) or at <https://www.engagingpresence.com/testimonials/>



Get in Touch!

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Click [here](#) to read [Sally's full bio](#).

Recent Podcast Guest and Speaking Appearances

"Find Your Muse: Reinvent Yourself Creatively." Jodi Silverman **Beyond Empty Nest** Podcast. Jan. 24, 2024.

"Embracing the Muse: Living a More Creative Life." (talk) **Vashon Senior Center**. January, 2024

"Creativity as a Spiritual Practice." (Talk) **Center for Spiritual Living Seattle**
Feb. 15, 2024

"Embracing the Second Half of Life" **To Mom is to Love** with Valerie Probstfeld
Jan. 3, 2024

"Conversation with Sally Jean Fox, author of Meeting the Muse After Midlife.
Becoming Your Own Best Version podcast with Maria Leonard Olsen episode
December 8, 2023

"Sally Fox: Following a Creative Call After Midlife" **Vital Presence Podcast**.
October 16, 2024. Interviewed by Dana Lynne Andersen, director of the
Awakening Arts Institute (Arte Spiritu), Assisi, Italy.

"Creative expression as a spiritual path" August 2023. **Lorian Association**
Artisan Walk. (Talk with art.)

"Beauty as a Homeopathy for our Times" (Talk). **Antioch University Seattle**.
January 2022.