



# Second Acts That Can Change Lives: Making a Difference in the World

*Mary Beth Sammons*

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Are you realizing that the first half of your life is over and you've been so busy concentrating on building a career or raising a family, or both, it has suddenly dawned on you that you may have lost yourself in the process and that the dreams you had when you were younger were set aside for more immediate concerns? Or are you frustrated that you have not had the time to truly give back? Mary Beth Sammons offers readers a chance to change all that in *Second Acts That Change Lives*. The book offers a collection of honest and inspiring stories delving into the lives of a community of mid-life trailblazers who wanted to make changes in their lives and found that as they reached inward for the strength to change, almost unanimously reached out to share their better self, their skills, their talents to make the world a better place.

*Second Acts That Change Lives* is a wake-up call, an intervention of sorts to help prod readers to pursue their dreams—to turn the “someday I’d love to” into “today I will” and, by doing so, make a profound difference in the world.

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