

Press Release

Overwhelmed midlife women start living a fuller life through experimentation

SYDNEY, AUSTRALIA, 2 December, 2022. Driven to help midlife women carve out fulfilling lives, women's midlife specialist, Natalie Yan-Chatonsky, has released her debut book, [The Art of Fulltime Living](#), to help women turn their midlife transition into a midlife transformation and balance a myriad of personal challenges such as empty nesting, menopause, divorce and ageism in the workforce.

Yan-Chatonsky has spent countless hours interviewing women from different backgrounds and cultures to understand the challenges facing women in midlife. Inspired by watching her mother's transition, Yan-Chatonsky's research has revealed a common theme – midlife women feel overwhelmed.

"Many women are exhausted by the aftermath of lockdowns, the physical changes of menopause, and the demands of caring for children, partners and aging parents" says Yan-Chatonsky. "My goal is to help women to spend more time thinking about what matters to them and mapping out a healthy, meaningful and connected future."

Beautifully illustrated by Danish designer Kristine Lindbjerg, *The Art of Fulltime Living* features vignettes of 20 diverse and inspiring women, some of whom have made radical midlife resets. One woman discovered the joys of solo travel for the first time after her marriage of 27 years ended. She followed her intuition to set up a travel business for women walking the Camino de Santiago. She now lives in Spain with her new partner.

Yan-Chatonsky's business, [Full Time Lives](#), facilitates workshops for businesses and individuals to help women tap into their strengths; identify their interests; reconnect with their communities and build new ones; and do more of what's meaningful to them as they transition through midlife.

"The secret is not a radical change, but running 'experiments' to see what works for the individual," says Yan-Chatonsky. "As we gain experiences over a lifetime, we become more unique. That's why my book advocates that women carve out time to plan their next chapter(s) and experiment with new activities and people, even at the peak of busyness. A midlife woman can live until 100, so it's not selfish to look after her long-term well-being."

To purchase a pre-publication autographed copy of *The Art of Full Time Living – Design and Meaningful and Connected Life* \$49.95 - visit www.fulltimelives.com

For further information, to publish an extract of the book in your publication, arrange a giveaway of up to 5 autographed books for your audience before 23 February, 2023, or to interview Natalie Yan-Chatonsky, please reach out on nyc@fulltimelives.com or 0418 638 626 www.fulltimelives.com



Further information:

- Women are suffering the mental health impacts of the pandemic according to a report [Experiences of COVID-19: The Pandemic and Work/Life Outcomes for Australian Men and Women](#) from University of Queensland Business School.
- The pandemic hangover of relying on digital escapism will not help midlife women establish a game plan for their next 30+ years of healthspan:
 - The average retirement age of Australian women is 52 according to [Retirement and Retirement Intentions, Australia, 2018-19 Financial Year](#), Australian Bureau of Statistics.
 - Average life expectancy of women is 85 according to [Life Tables, 2019 – 2021](#), Australian Bureau of Statistics.
- *The Art of Full Time Living*, designed to help women positively embrace changes in their midlife, is launching on 23 February, 2023 at WorkClub Global.