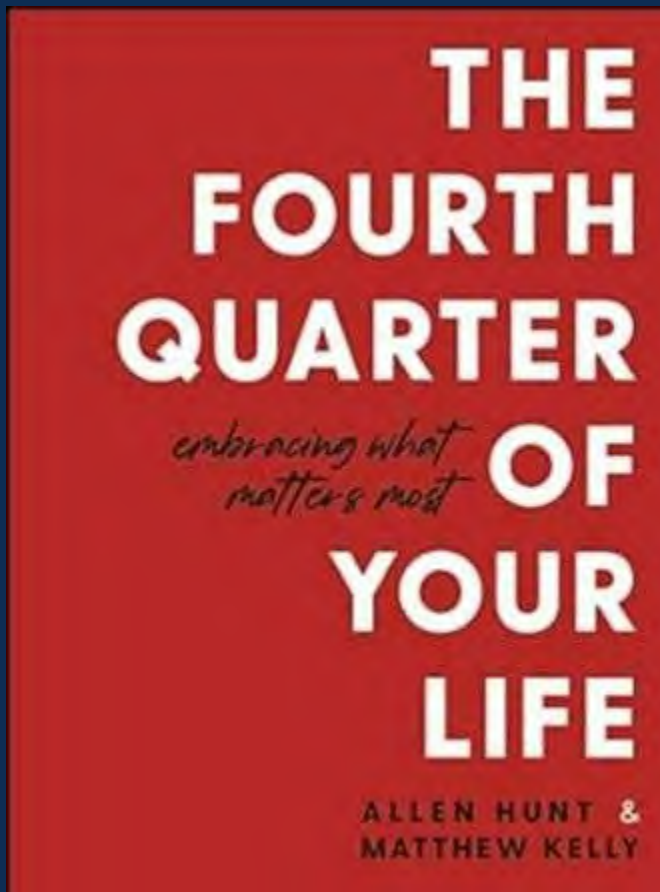


## The Fourth Quarter of Your Life

Myrna Lapres  
July 21, 2026



Coach Myrna, July 21, 2026

[www.coachmyrna.org/](http://www.coachmyrna.org/)

## The Fourth Quarter of Your Life

Starting in August 2026, I will be offering a four session series centering on the book, "The Fourth Quarter of Your Life." The premise of the book is that life consists of four quarters:

- First quarter: 1-20 years old
- Second quarter: 21-40 years old
- Third quarter: 41-60 years old
- Fourth quarter: 61-80 years old
- Older than 80 is **Bonus Time!**

The authors state in the introduction that what makes aging unbearable is the

mistaken belief that it can be avoided. Everyone knows this isn't possible and yet, we often persist in our avoidance and denial which makes us miserable. As I am reading this practical workbook style book, I feel encouraged and empowered to look at my fourth quarter in a new light.

If you are 61+ or approaching the fourth quarter, I invite you to explore your thoughts and feelings on aging by using this book as a guide. The purpose of the book states that this is a practical guide to help you:

- Live the fourth quarter based on proven life principles
- Clearly establish meaning and direction for your life
- Develop the clarity necessary to make good decisions
- Identify your hopes and dreams
- Establish what you need and want most at this time in your life
- Learn to say no

I will be offering a four-week series to support you in this endeavor. The series will provide a supportive environment to grapple with, share, and learn together with others on this journey. Meeting on four Sunday evenings, beginning on August 23, 2026, will be the opportunity to hear from and share with others. How you decide to progress through the content of the book will be up to you and your schedule. For more information: [www.coachmyrna.org/4th-quarter.html](http://www.coachmyrna.org/4th-quarter.html)

To purchase my book on Amazon:

[www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

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*If you would like to know more about what I offer as a coach, please visit my*

*website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations*

*[www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

