

The MidStep

**Actively, Presently, and Positively Going
Forward in the Middle Stages of Life**



By Bill Paige

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This book is dedicated to my wife, my parents, my brother, family, friends, pets, and everyone else that has helped me through life from my first day until now. It is also dedicated to those that do or want to approach life with a good outlook.

“To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.”

~Buddha

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Introduction

Everyone seems really old when you are much younger. It appears to me, as I often find myself in the occasional older zone now, that it is not entirely how it was explained or how I imagined it as a kid. Middle age, or as I refer to it as The MidStep, is not as bad as it was and is portrayed. It is actually a great place to be experiencing life.

Turning 30 was traumatic. I do not know if it was my bonsai, irresponsible, and immature approach to my 20's, but I felt like my childhood ended at that time. I cried like a baby on that birthday. The over the hill expectation weighed heavily on a mind that was still young and resisting adulthood.

I was much better and felt good about turning 40. It was a content state at the time even as I was going through some drastic changes in my life. I was nudged to realize that change can be good and is necessary in progressing and birthdays are part of the deal.



For some reason I really welcomed turning 50 not too long ago. The amazing part, I thought to myself for mostly good reasons, is that I have had an improving outlook on myself and my age over the past 20 years and continually trying to charge forward.

There are times that I cannot believe that I am this old. I should look older, act older, think older, and feel older. I never shy away from telling my age and I am usually proud to do so.

Well, for the most part I do not feel over 50 now or at least feel the stereotypical expectations that I thought surround this age. There are times when I do feel my years or how this old is supposed to feel and probably worse.

These less than youthful times that occur are usually triggered by something obvious or at least traceable. Part of handling life at this age is to know what is counterproductive and either avoid these things and plan productive acts or to accept the consequences.

I dare say that a little wisdom develops over time. Some find it sooner than others. We all have a fair amount of wisdom in us, the key is just realizing what it is and when it appears.

Part of the embrace of The MidStep is the fact that I have made an effort most of my adult life to get in shape and stay there. I have also realized the importance of my mind and the outlook and the relationships that I have with myself, those close to me, and how the entire world shapes and determines how I feel in every way.

This book was written not only to share some of these insights with others, it was created to help myself at the same time. It is a collection of observations, experiences, lessons, and things created, absorbed, or told to me somewhere along the line. I want to communicate some of my encounters, views, and approaches to life.

It is great to learn new ideas and methods. It is also important to reaffirm the things we already know but may have been set aside or overlooked.

Although this book is geared towards The MidStep, most of the content relates to any age with the hope and reality that life can get better and better no matter the age.

Many of the concepts throughout the pages to follow are not new. They are not revelations. Hopefully you find some of the themes new tactics or maybe a fresh approach to an existing one or two.

The stuff in the book can be a tap on the shoulder or a kick in the butt, which is often needed for an idea or way of doing things to hit home. Hopefully there are initiatives presented to help trigger you to do what it is you want or need to accomplish.

Of course you can read this book as fast or slow as you desire and jumping around to topics that are of more interest is okay too.

While it does not have a cover to cover storyline, the book does have a certain flow when read in order. It is also easier to digest the content by reading a little at a time. As is the case in life, a nice steady approach can be more beneficial.

Thank you!

What Is A MidStep?

A physical definition of a MidStep is the time when the foot is planted firmly while in stride. The MidStep is the point in the trot when the heel is still down and the base rolls to the balls of the foot as both are touching with the arch hovering or touching as parallel as it can be to the ground.

This point of the step is the most solid the foot is in the gait. If not in motion, this is the position of the foot in standing. In the act of walking or running it is a part of the foot's motion.

Related to the action of a person's timeline it is right in the middle, midlife, it is middle age. This is the point in our lives when we are the most solid. We are firmly on the ground.

It is a good place.

