



Adventures After 50: Doing More Than You Ever Thought You Could

Don and Judy Mac Isaac

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When author Don Mac Isaac turned fifty years old, he realized he was quickly approaching old age without having accomplished any of the adventurous dreams of his youth. Don listed more than thirty goals on a piece of paper and showed them to his wife, Judy. Together, they began a courageous journey that would not only take them around the world but also inspire others to do the same. The Mac Isaacs have photographed leopards in Africa, run the rapids on the Colorado River, trekked into the sky to see Mt. Everest at dawn, and climbed in the Swiss Alps. At fifty-one Don completed his first parachute jump, and at sixty he climbed Mt. Kilimanjaro's snow covered peak after a failed attempt the previous year. Through their detailed journaling, the couple describes the simple four-step approach that helped them prepare for each trip as well as the adventures they encountered along the way. Adventures after 50 can help you extract more from life than just the predictable. Through careful planning and steadfast determination, you too can experience adventure and excitement no matter what your age. You might just reach more personal goals than you've ever dreamed possible!

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