

I greatly enjoyed this important and life-transforming new book by Matt Elliott and Susan Pearse. "Winning the Second Half" is filled with wise and easily accessible tips and practices to unlocking your potential to experience inner peace, joy and physical and emotional health as you age. Implementing even a few of these strategies can vastly improve the quality of your life and your relationships. I highly recommend this book to you."

Brian L. Weiss, MD

Author of *"Many Lives, Many Masters"*.

What Susan and Matt have created is far more than a book about longevity; it's a powerful invitation to redefine the way we see ourselves as we move through life's so-called "second half." **Anthony Minichiello, Terry Biviano**

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"Winning the Second Half is a powerful, relatable conversation between a man and a woman facing the realities of midlife head-on. With honesty, humour, and hard-won wisdom, they tackle everything from mindset shifts to emotional growth, reigniting passion to redefining success. This isn't just a book—it's a wake-up call to embrace the next chapter with clarity, confidence, and excitement. If you're ready to thrive—not just survive—in the second half of life, this is your guide."



Susan Pearse

Susan is a bestselling author and renowned leadership expert with a passion for Conscious Leadership, mind fitness, and innovative thinking. Blending science, wisdom, and practical strategies, she empowers individuals and organizations to lead with intention and create meaningful, lasting impact.



Matt Elliott

International bestselling author of *The Change Room*, Matt is dedicated to elevating wellbeing through a high-performance lens. Drawing on 18 years of experience as a Head Coach in professional rugby league, he has translated elite-level insights into practical tools for everyday life.



WINNING the SECOND HALF

Matt Elliott - Susan Pearse

*"In the world of infinite possibilities,
there are infinite perspectives."*

Deepak Chopra.

WINNING the SECOND HALF

Who you are
is great

Who you
are becoming
is extraordinary

**Matt Elliott
Susan Pearse**