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Legacies  
of  
the heart  
living a life  
that matters

Meg Newhouse, Ph.D.

“...a blueprint for making the most of our time on earth.”

— Marc Freedman, Founder/CEO, Encore.org

“An unforgettable source of guidance for the legacy work that we each must do.”

— Harry R. Moody, Ph.D., Ret. VP, AARP

“...savvy and soulful...conveys timeless wisdom.”

—Ira Byock, MD, author of *The Four Things That Matter Most*

The word “legacy” is often defined as the contents of a will, a gift or bequest of property or the receipt of an inheritance. But now, in her new book entitled *Legacies of the Heart: Living a Life that Matters*, Dr. Meg Newhouse succeeds in showing it means so much more.

Dr. Newhouse tackles a simple, yet daunting question, faced by all of us: *What legacies have you received and what will you pass on to leave the world a little better than you found it?* Not just another self-help book, *Legacies of the Heart*, provides an unconventional compass for discovering and shaping your legacies. The author ably guides us to a more conscious and heart-centered imprinting of our legacy on the memories and values of those we touch and in the material records we leave behind.

While a remarkably rich resource, *Legacies* is not your typical how-to book. Much of its emotional appeal lies in the illustrative personal stories Newhouse tells — her own as well as those of friends, clients, workshop participants, and people in the media.

We meet an adult victim of childhood bullying, who turned that negative experience into a positive legacy by embarking on a crusade to end this trauma for other children; we meet a son who lost his mother while still a teenager but grew up to honor his mother’s life while inspiring hundreds of others to honor their parents, grandparents, teachers and friends. We meet a woman who grew up eating her grandmother’s cake, learned to make it for her own family and discovered that those dinner tables really included “a little family history, a little nutrition, a little morality, a little politics — then, for dessert, a lot of cake.” And we get to know Meg Newhouse, the legacies she received and will leave for her own family.

[more]

## ***Legacies of the Heart***

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Through these stories, Dr. Newhouse takes readers on a transformational journey, significant not only for one generation but also for the generations that follow. Each section in this book ends with a number of “Questions for Reflection,” which help readers take what has been read and apply it to their own lives.

This isn't a book you'll need to read in one sitting, nor is it necessary to absorb the information in the order it was presented. This is a book you'll pick up again and again, only to discover messages you missed the last time around. The book's appendices provide valuable additional reading lists and web sites as well as countless suggestions to help facilitate this journey for yourself and your family. Anyone who fits into the Baby Boomer category will find it an invaluable compendium.

*Legacies of the Heart* is a book readers will want to keep for a long time and refer to again and again. If only it came with a box of Kleenex...

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### About the Author:

Margaret (Meg) Newhouse, Ph.D., MAT is a Certified Professional Co-Active Coach, and principal in Passion & Purpose LifeCrafting. She is the co-founder of the Life Planning Network, a national community of professionals committed to helping people thrive in the second half of life and, more recently, has been engaged with the Conscious Elders Network. Meg has helped plan five Positive Aging conferences, has written three how-to books and co-edited *Live Smart After 50*.

### **Legacies of the Heart: Living a Life that Matters**

Meg Newhouse, Ph.D

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