



**Prime Time (with Bonus Content): Love, health,  
sex, fitness, friendship, spirit; Making the most of  
all of your life**

*Jane Fonda*

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**BONUS: This eBook includes the full text of the book plus 50 photographs not found in the print version.**

In this inspiring and candid book, Jane Fonda, #1 bestselling author, actress, and workout pioneer, gives us a blueprint for living well and for making the most of life, especially the second half of it. Covering sex, love, food, fitness, self-understanding, spiritual and social growth, and your brain. In *Prime Time*, she offers a vision for successful living and maturing, A to Z.

Highlighting new research and stories from her own life and from the lives of others, Jane Fonda explores how the critical years from 45 and 50, and especially from 60 and beyond, can be times when we truly become the energetic, loving, fulfilled people we were meant to be. Covering the 11 key ingredients for vital living, Fonda invites you to consider with her how to live a more insightful, healthy, and fully integrated life, a life lived more profoundly in touch with ourselves, our bodies, minds, and spirits, and with our talents, friends, and communities.

In her research, Fonda discovered two metaphors, the arch and the staircase, that became for her two visions of life. She shows how to see your life the "staircase" way, as one of continual ascent. She explains how she came to understand the earlier decades of her life by performing a life review, and she shows how you can do a life review too. She reveals how her own life review enabled her to let go of old patterns, to see what means the most to her, and then to cultivate new goals and dreams, to make the most of the mature years. For there has been a "longevity revolution," and the average human life expectancy has jumped by years. Fonda asks, what we are meant to do with this precious gift of time? And she writes about how we can navigate the "fertile voids" that life periodically presents to us. She makes suggestions about exercise (including three key movements for optimal health), diet (how to eat by color), meditation, and how learning new things and creating fresh pathways in your brain can add quality to your life. Fonda writes of positivity, and why many people are happier in the second half of their lives than they have ever been before.

In her #1 *New York Times* bestselling memoir, *My Life So Far*, Jane Fonda focused on the first half of her extraordinary life—what she called Acts I and II—with an eye toward preparing for a vibrant Act III. Now we have a thoughtfully articulated memoir and guide for how to make all of your life, and especially Act III, *Prime Time*.

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