



Reinventor-Ville

Jump from a plane, volunteer in Mali, cut your hair—all good ways to shake things up. But we asked experts where to take a longer view on the new you, and talked with women who call these places home



1 Orange County, California

Top spot to get a second wind

Nurturing, holistic and that coastline! The area offers lots of support to people recovering from loss or divorce. "They know what they want in life: to relax, drink coffee with a neighbor, enjoy the day." —**Lorraine Scott, 43**, instructor, BeautySeminars.com

2 Boise, Idaho

Top spot to jump-start a new career

This city has a hot, innovative economy, a lower-than-average cost of living, great hiking and the Idaho Shakespeare Festival. "I see a lot of more experienced women starting their own firms or joining high-growth companies." —**Meg Carlson, 52**, mergers and acquisitions specialist

3 Minneapolis, Minnesota

Top spot to avoid stress

A growing job market, an easygoing mood and access to great health care. "I don't stay up nights worrying." What about those fierce winters? There's cross-country skiing in city parks. "And I can sleep through my hot flashes!" —**Meredith Low, 54**, bank manager

4 Asheville, North Carolina

Top spot to reenroll

Within a week of moving here, "I had new friends who share my intellectual interests." At the Center for Creative Retirement, "I'm studying things I never would have tried before. Living here has completely changed my outlook." —**Marianne Kilkenny, 57**, former executive

5 Montclair, New Jersey

Top spot to write a novel

"It's the Algonquin Round Table of the suburbs: Everyone's a novelist. We feel like we're having a renaissance. The town got really fun once we didn't need babysitters anymore." —**Debbie Galant, 51**, author of *Rattled* and an owner of the Baristanet.com community site

—DARA PETTINELLI

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