



40 Fabulous: Forty Ways to Live Your Best Days.After 40

By Ursula Yvette Scott Ph D

Debonaeress, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. There is nothing more disappointing than to bite into a shiny red apple only to find that the inside is rotted to the core. The polished exterior is deceptive, and while that is the initial attraction, alone, it is not enough. We women are the same way. We polish and shine the outside, and often neglect the core. Those days are over. Breaking chains, thinking clearly and smiling frequently are just a few markings of the fabulous woman. 40 Fabulous is a woman s guide to self-examination, self-affirmation, and self-love. Dr. Yvette shifts the focus of women over forty from a steady gaze into the past to being fully present in the here and now. Her dynamic book guides women through 40 ways to living their best days now by answering the call to: Dust yourself off, Unclog your intake valve, Care for your hair, Give something up, Hang up your superwoman cape, and much more! 40 Fabulous is a book for women 40 and above (even the far, far above) who are ready to live life to...



Reviews

It is really an amazing pdf which i actually have possibly read. I really could comprehended almost everything using this published e pdf. Its been printed in an remarkably easy way and it is just soon after i finished reading through this book in which in fact changed me, modify the way in my opinion.

-- Jena Jacobi

This pdf is great. This really is for anyone who statte there had not been a well worth studying. You may like just how the writer compose this pdf.

-- Dr. Freida Leuschke II

See Also



There Is Light in You

Changing Minds Online, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. There is Light in You is a collection of bedtime stories written by women who have a...



Is It Ok Not to Believe in God?: For Children 5-11

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. A short story about an 8 year old girl called Tia, who is bullied at school because she...



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English. Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...