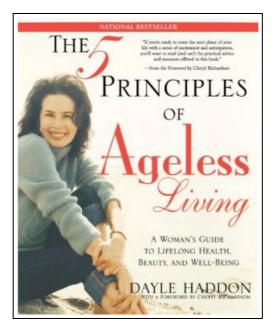
## The Five Principles of Ageless Living: A Woman s Guide to Lifelong Health, Beauty, and Well-Being (Paperback)



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## Reviews

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion. (Macey Schneider)

## THE FIVE PRINCIPLES OF AGELESS LIVING: A WOMAN S GUIDE TO LIFELONG HEALTH, BEAUTY, AND WELL-BEING (PAPERBACK)



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Atria Books, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The best parts of our lives come together at midlife. As women over forty, we are in a position to make the most of what we have -- and become the people we dream, and dare, to be. Beauty expert and bestselling author Dayle Haddon presents The 5 Principles of Ageless Living 1. LOOK YOUR BEST Present Your True Self By Taking Care of the Outside 2. NURTURE YOUR SPIRIT Take Time For Yourself and Develop Your Inner Life 3. HONOR YOUR BODY Create Energy and Strength For Your Best Health 4. DISCOVER YOUR WISDOM Draw On Your Experience and KnowThat You Are Wise 5. STAY CONNECTED Reach Out To Family, Friends, and Community With this inspiring and insightful guidebook, Dayle Haddon shares her professional knowledge, her hard-won wisdom, and her own self-care practices to remind women that age is an asset and not a liability, that settling should never be an option, and that small shifts in attitudes and behavior can create huge benefits in the way women feel, look, and approach life. Filled with real, commonsense, and self-affirming solutions to the challenges of getting older, The 5 Principles of Ageless Living reveals the keys to remaining vital, strong, and soulful at any age.

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