



Love Your Age: The Small-Step Solution to a Better, Longer, Happier Life (Paperback)

By Barbara Hannah Grufferman

National Geographic Society, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Filled with tools to help you take charge of your life with wit, energy, and confidence, this inspiring guide to aging gracefully is written by a prominent expert in the field. Inspiring and elegantly designed, this powerful, practical guide to aging will be an indispensable resource for anyone looking to live their best life. This book is a fun, fast read featuring more than a hundred easy-to-adopt small steps -the foundation for ingrained habits that will yield longer, happier, and healthier years. Packed with expert tips, myth busters, checklists, real-life anecdotes, and sage wisdom, this book will instill positive aging in every area, including health, fitness, style, work, and relationships. For the woman on the go or the new empty nester, this guide offers a new approach to life after 40 that will inspire, rejuvenate, and energize. RELATABLE, RELEVANT TOPIC: Aging gracefully is a universally relatable subject, as evidenced by the growing number of fashion, beauty, and health blogs for women over 40 APPEALING FORMAT: Cleanly and boldly designed as an elegant paperback original with French flaps, this book will give readers bottom-line, relevant advice in...



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