

NATIONAL BESTSELLER

THE

5

"If you're ready to enter the next phase of your life with a sense of excitement and anticipation, you'll want to read (and use!) the practical advice and resources offered in this book."

—from the Foreword by Cheryl Richardson

PRINCIPLES

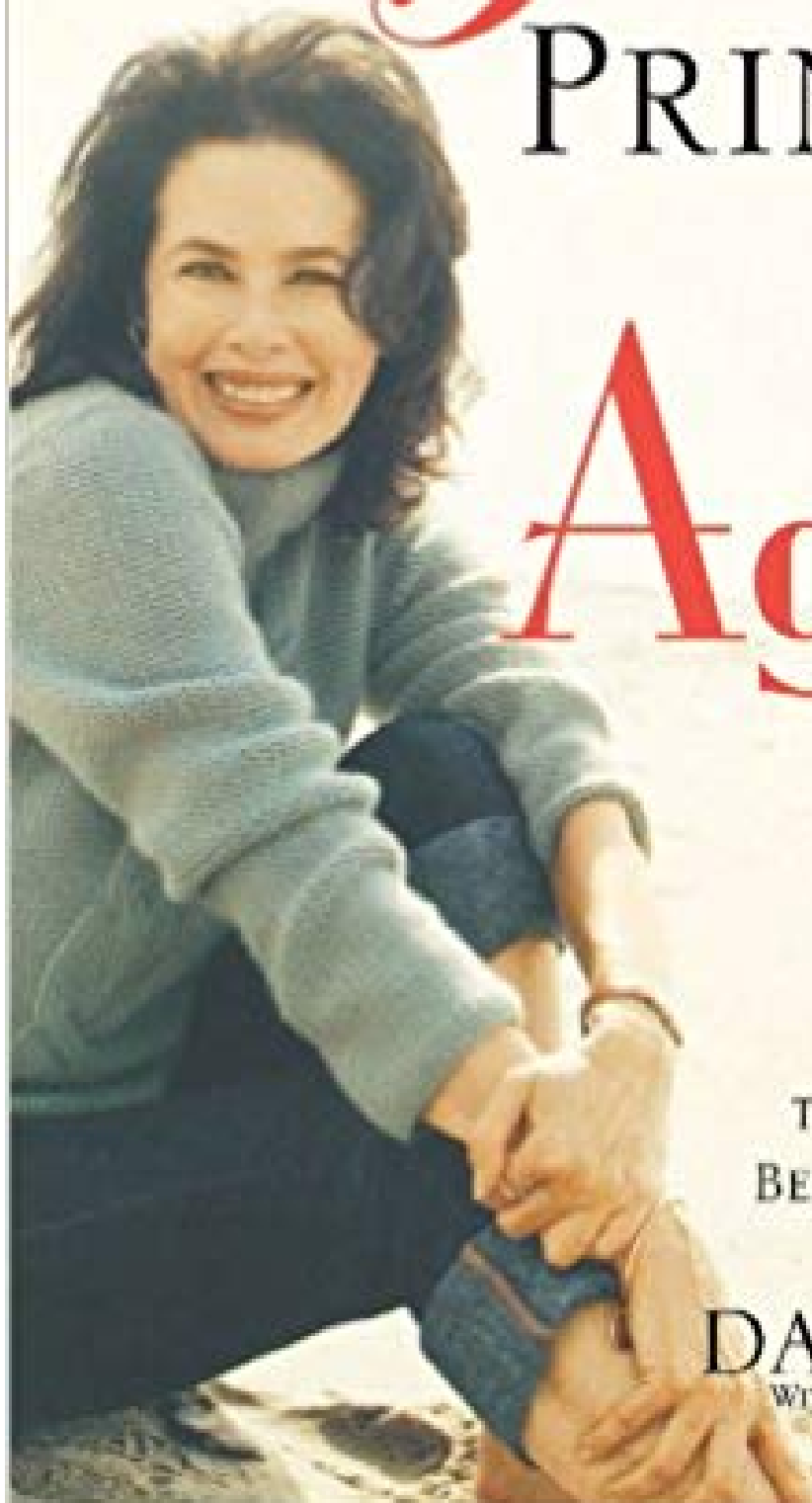
OF

Ageless  
*Living*

A WOMAN'S GUIDE  
TO LIFELONG HEALTH,  
BEAUTY, AND WELL-BEING

DAYLE HADDON

WITH A FOREWORD BY CHERYL RICHARDSON



Dayle Haddon

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



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The best parts of our lives get together at midlife. Filled up with true, commonsense, and self-affirming solutions to the challenges to getting older, *The 5 Principles of Ageless Living* reveals the keys to staying vital, strong, and soulful at any age. **STAY CONNECTED GET IN TOUCH WITH Family, Close friends, and Community** With this inspiring and insightful guidebook, Dayle Haddon shares her professional knowledge, her hard-earned wisdom, and her personal self-care methods to remind ladies that age is an asset and not a liability, that settling should never be a choice, and that small shifts in attitudes and behavior can create huge benefits in the manner females feel, look, and strategy life. **LOOK YOUR BEST Present Your True Self By Taking Care of the exterior** 2. **NURTURE YOUR SPIRIT Take Time For Yourself and Develop Your Inner Life** 3. **DISCOVER YOUR WISDOM Draw On Your Experience and Know That You Are Smart** 5. **HONOR THE BODY Create Strength and energy For Your Best Health** 4. Beauty professional and bestselling author Dayle Haddon presents *The 5 Concepts of Ageless Living* 1. As women over forty, we are able to take full advantage of what we have -- and become the people we wish, and dare, to end up being.



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Principles of Ageless Living This is an excellent book, very affirming. Enjoy and commence to rethink the right path of staying linked to your self and to others. Great Experience Publication was in great condition and in a great price.. Dayle Haddon's book has been so inspirational for me. Beautiful, positive perspective We met Dayle on her reserve tour in Dallas and quickly picked up her book after seeing such a vivacious and truly beautiful person, wanting to read her tips. I was impressed with her capability to convey a lot of knowledge and assets in the publication, provide excellent information, but most importantly her tone is that of "You are gorgeous, you are important, and you are well worth taking care of". staying connected (my favority principle). An easy examine - great by the bedside for a quick dose of positive energy before you settle in for your beauty rest or enter your day with a brand new, beautiful perspective. :) Life DOES INDEED Begin at Forty Thank you, Dayle Haddon! It covers 5 main concepts. But that isn't true, so in retrospect we all have to read the Five Concepts of Ageless Living, to take to heart these inspiring and uplifting phrases, and to actually understand that we are able to live uncumbered by the age on our license. It is an excellent book for picking right up a piece of information for your entire day or night. Personally i think this is a book that you will find useful, in fact it is one you will want to tell others to get. Your mom, sister, friend, co-worker, etc. will get something from this book. I am not halfway through but I understand this will be high on my set of useful books on wellness, beauty and ageing gracefully. I cannot describe how powerful her words and information are, but I wholly recommend this publication to anyone. We do and it provoked fantastic conversations! Not just for those over 40!), and she did! might be something I'd transfer to my mom, but I was incorrect! When I purchased it, I believed it wouldn't apply to me (I'm 29) & It not only hands out great information about wellness &Haddon makes me think that age is truly a psychological limititation and really should never be permitted to determine the feelings I feel or the activities I spend time doing. So often we may feel guilty, shallow, or selfish when putting our very own wants, spirituality, and self-care near the top of the "to accomplish" list, but she encourages readers to do that, describing how when you are at your best, then you can give your best to others. And how very impressed I am with Dayle Haddon because she procedures what she preaches! She mentioned joining our Reserve Club via phone another month (to stay connected! After Dayle Haddon therefore kindly dropped by our book club after a Book Signing she had in Dallas, our group made a decision to read 'The 5 Principles' that month. Everyone, regardless of their age, will learn very important things from this book. Read this reserve! It was not received the 1st time it was shipped, but vendor sent a fresh copy immediately. I highly recommend it! "something for everyone" After meeting Dayle Haddon while she was in Dallas We dove directly into this book. Searching at the Britneys and the Christinas--and at all the hype that surrounds them--we could so quickly get the idea that our worth depends upon our age, our weight, or our dress size. You've written a valuable book that every woman should read, regardless of what her age. While all five might not be what you need at this time, they'll become relevant at some time in your daily life and journey. Thank you.. No queries asked. This reserve is about a lot more than beauty or wellness. It's about feeling great about yourself rather than limiting yourself because of your age. beauty, but focuses on even more important issues in life - such as for example spirituality, wisdom & Perform it for a Publication Club! You will love it, I guarantee.



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