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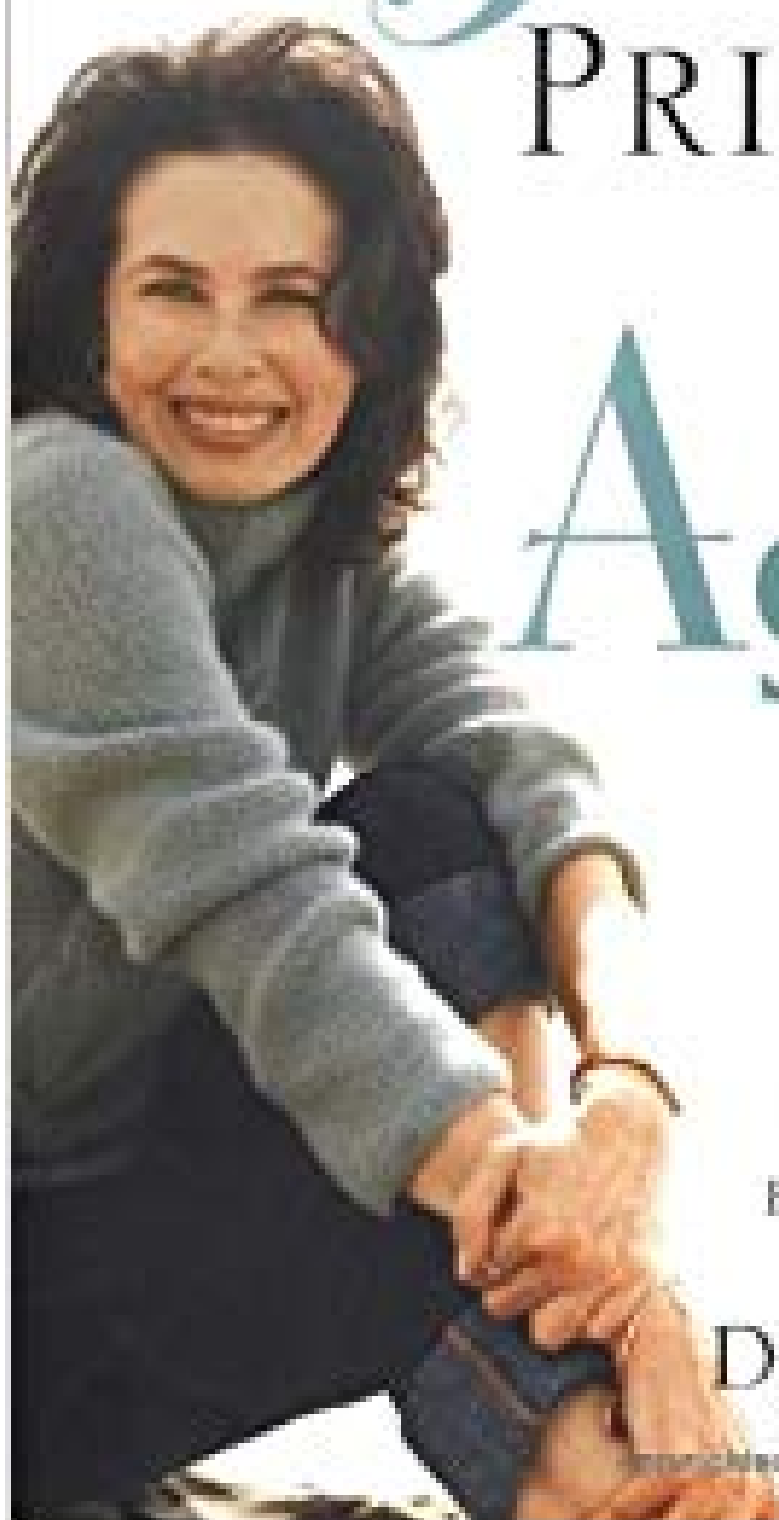
THE 5 PRINCIPLES OF Ageless *Living*

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

DAYLE HADDON

WITH A FOREWORD BY CHEYENNE KENT

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Dayle Haddon

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



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"Using the Ageless Living Principles in my own life, I have the feeling that everything is best. I have a sense of completeness and joy. She wants us to realize that people are vital, strong, and gorgeous, and she wants us to do that through The Five Principles of Ageless Living. She desires us to realize that people are vital, strong, and gorgeous, and she wants us to achieve that through The Five Principles of Ageless Living. Based on Dayle's professional knowledge and her very own self-care procedures, the Ageless Living Principles provide unique and practical ways for ladies to enhance the many dimensions of their lives. All we are in need of is know-how: the tools to get there and the energy to use them. When I practice the Ageless Living Principles, I've the experience that I am living life, rather than life is living me. Helpful information to the infinite opportunities in each folks, the Ageless Living Principles help us recognize that we need not settle. I have a sense of completeness and pleasure.. A positive and spirited program for women age forty and over, The Five Concepts of Ageless Living offers inspiring and useful solutions in the related regions of beauty, wellness, spirit, wisdom, and community. Predicated on Dayle's professional knowledge and her very own self-care procedures, the Ageless Living Principles provide unique and useful ways for ladies to enhance the countless dimensions of their lives.. We've never been in an improved place or at a better time to choose for ourselves, to make positive changes in our lives. Today, as part of your, we have the capability to live our accurate lives.. Why should we ever believe that we possess to settle for much less? "Using the Ageless Living Principles in my own lifestyle, I have the feeling that everything is right." Dayle Haddon wants ladies over forty to know that age can be an asset rather than, as we are frequently told, a liability. I am filled with enthusiasm, understanding, stability, pleasure, and playfulness... As ladies over forty today, we are privileged to be at a different stage in our lives compared to the generations that came before us. When I practice the Ageless Living Principles, I have the experience that I am living life, rather than lifestyle is living me. Why should we ever think that we possess to settle for less? We've never been in a better place or at a better time to choose for ourselves, to make positive changes inside our lives. I am filled up with enthusiasm, understanding, balance, pleasure, and playfulness. A positive and spirited program for women age forty and over, The Five Concepts of Ageless Living offers inspiring and practical solutions in the related regions of beauty, wellness, spirit, wisdom, and community.. As women over forty today, we are privileged to be at a different stage in our lives compared to the generations that came before us." Dayle Haddon wants females over forty to know that age can be an asset and not, as we are so often informed, a liability. Today, more than ever, we have the capability to live our accurate lives. All we need is know-how: the tools to make it happen and the energy to utilize them. Helpful information to the infinite options in each of us, the Ageless Living Concepts help us recognize that we don't have to settle.



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Principles of Ageless Living This is a wonderful book, very affirming. No questions asked. Great Experience Publication was in great condition and in a great price. will get something from this reserve. I am not even halfway through but I understand this will be high on my set of useful books on health, beauty and maturing gracefully. Beautiful, positive perspective I met Dayle on her behalf publication tour in Dallas and quickly found her book after seeing such a vivacious and truly beautiful person, wanting to read her guidance. I was impressed with her capability to convey a lot of knowledge and resources in the book, provide excellent advice, but most importantly her tone is that of "You are gorgeous, you are essential, and you are worthy of looking after". You will like it, I warranty. beauty, but targets even more important issues in life - such as for example spirituality, wisdom & "something for everyone" After meeting Dayle Haddon while she was in Dallas I actually dove right into this book. It addresses 5 main principles. When I bought it, I believed it wouldn't apply to me (I'm 29) & It is a fantastic book for picking right up a piece of information for your day or night. Personally i think that is a book that you will find helpful, and it is one you will need to tell others to buy. I cannot describe how effective her words and suggestions are, but I wholly recommend this book to anyone. It had been not received the first time it was shipped, but seller sent a fresh copy immediately. We do and it provoked amazing conversations! Perform it for a Book Club! Enjoy and begin to rethink your way of staying linked to your self also to others. Not just for all those over 40! After Dayle Haddon so kindly dropped by our book club after a Reserve Signing she had in Dallas, our group made a decision to read 'The 5 Concepts' that month. While all five might not be what you want at this time, they'll become relevant at some point in your daily life and journey. might be something I'd transfer to my mom, but I was wrong! She mentioned becoming a member of our Publication Club via phone another month (to remain connected! 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 not merely hands out great information regarding wellness &Haddon makes me believe that age is truly a psychological limitation and should never be permitted to determine the feelings I feel or the activities I spend time doing. It's about sense wonderful about yourself and not limiting yourself because of your actual age.. And how extremely impressed I am with Dayle Haddon because she practices what she preaches! I recommend it! staying linked (my favority basic principle). You've written a valuable book that every woman should read, regardless of what her age. Searching at the Britneys and the Christinas--and at all of the hype that surrounds them--we could so quickly get the idea that our worth depends upon our age, our excess weight, or our dress size. But that's not true, and that's why we all need to read the Five Principles of Ageless Living, to try center these inspiring and uplifting words, and to actually understand that we are able to live uncumbered by the age on our license. Thank you. Read this book! Dayle Haddon's reserve has been so inspirational for me personally. This book is about a lot more than beauty or health. Everyone, no matter how old they are, will learn very valuable things from this reserve.), and she did! Your mother, sister, friend, co-worker, etc. So often we may experience guilty, shallow, or selfish when putting our own desires, spirituality, and self-care at the top of the "to accomplish" list, but she encourages readers to do just that, describing how if you are at your best, you then can easily give your very best to others.



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