

# Who's that Woman in the Mirror?



THE ART OF  
AGEING GRACEFULLY

KEREN SMEDLEY

*Karen Smedley*

## **Who's That Woman in the Mirror?**



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'Age is irrelevant, if you don't are actually a bottle of wines' Joan Collins Keren Smedley is passionate about altering outdated stereotypes about age group and helping visitors to modification their beliefs and attitudes to ageing. Like an extended problem web page for baby boomers, this publication will inform as it entertains. You'll be impressed by the wisdom of the answers - and the endless variety of the questions. Whether it's about sexuality, money, human relationships, health, friends, planning the future, the best selection of those questions is contained here in WHO'S THAT Female IN THE MIRROR? As a specialist life trainer - for Saga among other organizations - she's been asked every sort of query you could imagine, plus some you couldn't, about the uncertainties and problems of today's baby boomer.



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Great help in this book to feel better about aging I loved this book. The author addresses the problems most ladies over 50 are actually searching for answers to. Five Stars Arrived safely and in exceptional pre-enjoyed condition now I need to read it :) Five Stars Excellent I now experience well informed again & Who is that Woman in the Mirror?. I enjoyed this motivational book As I embrace turning 60, I enjoyed this motivational book. I highly recommend it. Read it and feel great about yourself.this one is really good, very helpful and different.. rebuilding my life in a way I hadn't thought possible!. am facing up to & This book was most helpful in getting me to rebuild my self esteem following my divorce! I had not previously not really thought a self help book could possibly be so powerful! Not similar info you find in lots of books about aging.



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