



R U T H N E C K F O R D

affirmations

for women in

the second

half of life

S T I L L

gROOVIN'

Ruth Beckford

Still Groovin: Affirmations for Women in the Second Half of Life



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Ruth Beckford revels in existence with all its wonders in this reserve greater than 100 affirmations for women at midlife and beyond. Sometimes practical, often reflective, her affirmations will energize your spirit, turning the rhythm of living into the music of celebration. Still Groovin' touches on every part of women's lives-from wellness to empowerment to romance to inner peace-with great humor, wisdom, and insight.



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Five Stars Wonderful. Enjoyable, interesting, and enlightening.. Don't Be Deceived by the Snow on the Roof Beckford will indeed provide "affirmations for ladies in the next half of existence. One last thought: Many (most? This a must go through for the forty-something and the fifty-something." Rather, to those that will be receptive from what Beckford shares so generously. Still Groovin' Whether or not they would believe it at this time of their lives, I would recommend that women should buy this book for their daughters, daughters-in-law, granddaughters or any youthful female they like."), Romance ("There could be snow on the top, but there's a fire blazing in the oven."), and Inner Peace ("Living from the inside out. Much joy and goodwill It had been with a sigh of regret seeing that I finished your publication wishing for more. Quite properly, Beckford affirms the importance of physical as well as mental and emotional health. An abundance of study confirms that older people (ie those in "the next half of existence") live longer, recover more quickly from disease, and (generally) are notably happier if they sustain a good attitude. Beckford generously shares from her own, extensive personal experience. ("This book has been a life time in the making."4. She includes a large number of quotations, some serious and others amusing.. I, in my late 60's, can only realize that she has placed into words so lots of the factors I feel as of this stage in my life. "When you're casual about lifestyle, you'll end up a casualty.") She neither preaches nor harangues. We [".8.. "Some visitors may think such sayings are "corny" or "apparent. Today is something special. That is why it's called the present. Tomorrow is usually a mystery." Quite true, there is quite little "new" in this little publication. For me, many of what Beckford calls "affirmations" are really "reaffirmations" of what I currently knew but seldom consider. I plan to re-read this reserve periodically. Ruth Beckford brings an eternity of encounter and accumulated wisdom to the publication of affirmations and brief essays aimed at "women in the next half of life. However, not to all my friends. Nor only to those "in the next half of life. So what?" As a male, what I find so interesting is that these same affirmations are also relevant to males who share the same generation.) residents of pension communities -- and especially those in assisted living services -- will derive great reap the benefits of reading this book.. Only a thought. "Yesterday is background...I recommend this reserve to those women - at least to the ones who, with their booming careers, adolescent or adult children, aging parents, energetic spouses and an occasional evening at the theater - still have time to learn. Also, I will continue to give copies as a gift to friends. It proved helpful for me. Although this book provides the same philosophies within virtually every other self-help or inspirational reserve, its focus on how these thoughts connect with ladies at midlife and beyond sets it apart. "If you stand for nothing at all, you'll fall for anything... A Good Go through! Just one single criticism, though: These wonderful aphorisms have a slight whiff of retirement about them, a faint fragrance that makes us question a little bit if the author fully realizes that 50 isn't quite as previous since it used to be. Enlightening!! The materials is arranged within four Parts: Wellness ("An ache here, a pain there. At some point in our lives most of us go through a very important factor or another..."). "Still Groovin'" is a wonderful reserve of positive and required life examples and techniques. It is creative, stimulating and inspiring. Thanks a lot for such a lovely book from such a pleasant lady."), Empowerment, ("Live seeing that you jolly well please. What wisdom Ruth Beckford provides most of us." Listed below are three to give you a feeling of her design and perspective:1. What wonderful insight she's to offer! She actually is someone I would love to know as a pal. I recommended the publication to my bookclub, In the Company of My Sistah (Northern California). She concludes her publication with a summary of 10 "sayings" she's "invented. In case you have family members among this group, you should

you should think about giving this book as something special to them. Making a difference.! There is so much joy,good will and common sense in it, one wants to continue reading.Ruth Beckford has the genius, enlightenment and wisdom to provide affirmations that aren't only for ladies in the second half of life, but are invaluable to young adults by settings a clear way to follow in order to be healthy and successful in mind, body and spirit." Topics, which contact on professional and personal problems, include empowerment, wellness, romance and inner peace. This book was so enjoyable and enlightning This book was for all ages.This little book with its' practical no nonsenseapproach to life and lifestyles can be read again andagain. I highly reccommend this to everyone actually men.



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